

Addictions

Agency Name	Contact Information	Services Offered
Born to be Free	519-942-0736	A Christian based support group for people struggling with an addiction, and for those who have someone they care about dealing with an addiction.
CAMH Medical Withdrawal Management Services	416-535-8501 x26071 https://www.camh.ca/	
Community Alcohol & Drug Service (Homewood)	289-207-0011 (Peel) 519-824-1010 (Dufferin)	Christian based support group for people struggling with an addiction, and for those who have someone they care about dealing with an addiction
Connex Ontario	1-866-531-2600 https://www.connexontario.ca/en-ca/	Live answer 27/7, confidential and free. Provides info about treatment services and supports in the community, offer support and provide strategies to help meet goals and provide basic education about drug and alcohol problems Referral process: Self-referral, telephone intake
Credit Valley Addictions and Concurrent Disorders Centre	905-813-4402	
GTA Intergroup - Alcoholics Anonymous	1-877-404-5591 https://www.aatoronto.org/	
Hope Place Centres Men's Treatment Centre (Halton Recovery House)	905-878-1120	
Hope Place Centres Women's Treatment Centre Milton	905-875-3214 x103	
Hope Place Centres Community Based Treatment Centre Oakville	905-465-3324 1-877-399-7299	

Agency Name	Contact Information	Services Offered
Jean Tweed Centre	416-255-7359 www.jeantweed.com	
Metro Addiction Assessment Referral Service (MAARS)	(416) 599-1448	Offers substance use assessment and referral services free of charge to anyone who lives in Toronto.
Narcotics Anonymous	1-888-811-3887	
Ontario Problem Gambling Helpline	1-888-230-3505	
Peel Works Needle Exchange	647-225-1623	
Peel Addiction Assessment & Referral Centre (PAARC)	905-629-1007 www.paarc.com/programs	
Rapid Access Addiction Medicine (RAAM) Clinic provides barrier free accessible care to clients with or without appointments or medical referrals. The RAAM Clinic provides substance use management strategies, including medications and psychosocial interventions that support safe withdrawal from substances. The clinic operates in several locations (Rexdale, Bramalea, Brampton, Mississauga, Bolton and Dufferin County) on different days.	905-451-2123 x2 1-877-451-2123 cmhapeeldufferin.ca	
Toronto Withdrawal Management Centre	1-866-366-9513	Central Access staff will help clients find the right location and level of service for the client's withdrawal management needs.
William Osler Health System Withdrawal Management Centre	905-456-3500 x231	
William Osler Health System Addiction Counselling Services	905-796-3005	

Self Help Resources

Codependent No More: How to Stop Controlling Others and Caring for Yourself

By: Melody Beatty

In the Realm of Hungry Ghost: Close Encounters with Addiction

By: Dr. Gabor Mate

Recover: Stop Thinking Like an Addict and Reclaim Your Life with the PERFECT Program Hardcover

By: Stanton Peele

The Heart of Addiction: A new Approach to Understanding and Managing Alcoholism and Other Addictive Behaviors

By: Lance Dodes

The Truth about Addiction and Recovery Paperback

By: Stanton Peele