

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.

Thursday
6:00 – 8:00 PM

Extended hours on Thursday for drug checking and harm reduction supplies.

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

Harm reduction supplies available

Shelter House (420 George St)

7 days a week
24 hours a day
EXCEPT mealtimes

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

Elevate NWO/OAHAS (106 Cumberland St N)

Monday – Friday
9:00 AM – 4:00 PM

Harm reduction supplies available.

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

No requirements.

Saturday
Hot dinner
5:30 PM – 6:30 PM

Grace Place (235 Simpson St)

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

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

Inside dining only.

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: December 2023



Warming Centres

PACE Safe Place Warming Centre (512 Victoria Ave E)

Until March 31st
7 days a week
8:00 AM – 8:30 PM

Will open earlier for
extreme weather.

Computers, washrooms and
shower, laundry,
refreshments/snacks, and
free clothing. Programming
such as life skills training
and art groups.

Harm reduction supplies
available.

Elizabeth Fry Society (400 Archibald St South)

Beginning
January 2, 2024
Tuesday & Thursday
Drop In
11:00 AM – 2:00 PM

Women and gender
diverse individuals only

Beginning January 11, 2024.
Bi-weekly food bags on
Thursdays from
11:00 AM – 2:00 PM.

January 6 – March 31, 2024
Wednesday – Saturday
8:00 PM – 8:00 AM

Emergency Bed Program
as needed.
Call 807-252-8062 or
807- 623-2539 or
807-632-9986.

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

Monday – Friday
9:00 AM – 4:00 PM

Closed
Saturday & Sunday

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).

Urban Abbey (308 Red River Rd)

7 days a week
9:00 PM – 8:00 AM

10 bed temporary women's
shelter open at 9:00 PM. Tea,
hot chocolate, snacks, and
laundry service. Movie until
12:00 AM, followed by quiet
time and rest.

Shelter House (420 George St)

7 days a week
24 hours a day
EXCEPT mealtimes

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

Grace Place Out of the Cold (235 Simpson St)

Oct 1st – April 30th
7 nights a week
9:00 PM – 8:00 AM

Clients must be referred when
other shelters at capacity. Hot
meals, laundry, showers.
Harm reductions supplies
available.

25 beds available.

Transportation

Care Bus

7 days a week
1:00 PM – 9:00 PM

Last call for service
at 8:30 PM

807-630-8631

Mental Health and Addictions Crisis Lines

NAN Hope Mental Health and Addictions Support Program

Call Toll Free, 24/7
Text, 7 days a week
8:00 AM – 12:00 AM
1-844-NAN-HOPE
(1-844-626-4673Z)

Available for all NAN
Citizens.

Beendigen 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.
Available in 13 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.

9-8-8

Suicide Crisis Helpline



Call or Text 9-8-8