

Fredericton, New Brunswick

Street Survival Guide

Winter 2017/18
Second Edition



Fredericton, New Brunswick

About

The Fredericton Street Survival Guide is a publication of the Community Action Group on Homelessness partnered with St. Thomas Social Work Students.

This Guide was created as a one-stop resource guide for those experiencing, or at risk of, homelessness in Fredericton. It was created with the support of dedicated individuals with lived experience of homelessness.

The Guide is not a full list of all services available in Fredericton. The listing of an organization in this Guide does not indicate its endorsement, nor does the exclusion of an agency imply a lack of approval. Additional information of services is available through the CAGH's website:

www.roadhomefredericton.com

The CAGH's mission is to strengthen community capacity to end homelessness in Fredericton through collective planning, collaboration, and community engagement.

The Fredericton Street Survival Guide aims to share emergency services and supports to those experiencing homelessness; however, we recognize the only true solution to ending homelessness is housing and the supports needed to maintain it.

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Crisis/Emergency Numbers

Where can you call when you need someone to talk to?



After Hours Mobile Crisis Unit

#: 506-453-2132

The Mobile Crisis team is built of mental health professionals who respond to individuals in the community who are experiencing a mental health crisis and who require assessment or intervention.

If you have a family member in crisis who cannot go to other services, Mobile Crisis Unit can come to you.

Hours: Monday to Friday 4pm-12am; Weekends/Stat Holidays 3pm-11pm.

Big Cove Crisis Helpline

#: 506-523-5999

Crisis line for First Nations Community Members. Available 24/7.

Chimo Helpline

#: 1-800-667-5005 (or) 450-HELP (4357)

A bilingual provincial phone line available 24/7 to all residents of N.B.

Fredericton Sexual Assault Crisis Centre

#: 506-454-0437 (24/7 Support Line)

Gignoo Transition House Crisis Line

#: 1-800-565-6878

Services for Aboriginal women age 16+ and their children who are experiencing violence or abuse.

The Access Line

#: 1-888-642-2725

Provides info on reproductive and sexual health referrals on pregnancy options. Available 24/7.

Tele-Care

#: 1-800-244-8353 (or) 811

A free health advice and information line that gives you access to bilingual registered nurses 24/7.

****In case of an *emergency* please call**
911**

A Helpful Way to Feel Grounded

If ever you feel anxious, are having a panic attack,
or any time you feel disconnected...

Look Around you Identify and Name:

- 5 Things you **SEE**
- 4 Things you **HEAR**
- 3 Things you **FEEL**
- 2 Things you **SMELL**
- 1 Thing you **TASTE**

Take slow deep breaths between each

Shelters

Fredericton Men's Shelter/St. John House

#: 506-462-9806; or the crisis line: 506-450-1102

Location: 65 Brunswick Street

Offers: Bed availability varies day to day. Please call or walk in for assistance. Men age 18+.



Grace House

#: 506-450-3001

Location: 275 Brunswick Street

Offers: Bed availability varies day to day. Women age 18+.

Gignoo Transition House

#: 506-458-1236; or the Crisis Line 1-800-565-6878

Location: Please contact for location

Offers: Housing for Aboriginal women age 16+ and their children who are experiencing violence or abuse.

Liberty Lane

#: 506-451-2120

Location: Please contact for location

Offers: Second Stage Housing and Family Violence Prevention Outreach for women and children who have experienced family violence. Apartment availability varies month to month. Outreach provides safety planning and referrals.

Salvation Army Fredericton Community Church

#: 506-455-3243

Location: 531 St. Mary's Street

Offers: Temporary lodging. If the city shelters are full to capacity, they may provide temporary hotel accommodation on a very short-term basis.

Women in Transition House

#: 506-457-2770; or the Crisis Line 506-459-2300

www.womenintransitionhouse.ca

Location: Please contact for location

Offers: Emergency housing for women and children fleeing domestic violence and abuse.

Youth in Transition (Chrysalis House)

#: 506-451-4767

Location: Please contact for location

Offers: Housing for at-risk or homeless youth ages 16-19.
Available for male and female youth.



Outreach Services

Who can you call when you are homeless or about to be homeless?

Housing First/Fredericton Outreach Services

#: (Northside) 506-478-8443 IN

Location: 294 Main Street (John Howard Society of Fredericton)

#: (Southside) 506-455-8218

Location: 65 Brunswick, Suite G23 (Capital Region Mental Health & Addictions; Victoria Health Centre)

Offers: Support in finding and keeping housing. Please call for further information on services.

Hours: Monday to Friday 8:30am-4:30pm.

Fredericton Downtown Community Health Centre

#: 506-452-5900

Location: 339 King Street

Offers: Appointments available with a social worker upon request.

Hours: Monday-Thursday 8am-8pm, Friday 8:30am-6:30pm.

Places With Many Services

Fredericton Downtown Community Health Centre

#: 506-452-5900

Location: 339 King Street

Hours: Monday-Thursday 8am-8pm, Friday 8:30am-6:30pm.

Offers:

-Appointments available with a social worker upon request.

-The **Community Access Room** is located within the Centre. There is a **shower** available from 9am-2pm. Laundry can also be washed and dried for you at this location. Free clothing and toiletries available upon request.

-**Primary health care services**; Scheduled and drop-in (*time permitting*) appointments with a nurse.

Services include: Addiction supports, sexual health care, anonymous STI testing and well-woman exams (pap smears and breast exams), preventative services, immunizations and screenings, foot care available upon request.

Free bus tickets available (at times) to help get to medical appointments only. Limited supply.

Condoms also available

Christ Church Cathedral

#: 506-450-8500

Location: 168 Church Street

Hours: Mid-September til mid-May on Mondays 8:30am-10am. Closed on Holidays.

Offers:

-A Monday morning drop in with food (sandwiches, muffins, fruit, coffee, tea, juice).

-On the last Monday of each month 10\$ gift cards are available for stores or bus tickets during Monday morning drop ins.

-Free clothing offered during their Monday morning drop in times.

Wilmot United Church

#: 506-458-1066

Location: 473 King Street

Offers:

-Wednesday 1:00pm lunch; and Saturday 6pm supper with games and activities. Children can go to Wednesdays at Wilmot but parents are responsible for their own children.

-Wednesdays at 1pm you can register for a food voucher. The amount of the voucher depends upon the needs and circumstances of the individual/family and range from \$20 to \$35. A small amount of food is available on spot. Vouchers are available every 2 weeks on a first come, first serve basis. People who are seeking a voucher often come to the church 20-30 minutes before it opens at 1pm.

-Free clothing items sometimes available during Wednesdays at Wilmot.

-Wilmot United Church on Wednesdays at 1pm offer foot care and other services.

Baptist Church of Atlantic Convention

#: 506-452-8593

Location: 150 Greenwood Drive

Hours: 9am-11am

Offers:

-Wednesday morning breakfast

-Free clothing offered during their Wednesday drop in time.

John Howard Society of Fredericton

#: 506-450-2750

Location: 294 Main Street

Offers: A brown bag lunch available Monday to Friday.

Usually arrives between 10am-12pm. Limited availability: first come, first served.

Housing First/Fredericton Outreach Services

#: (Northside) 506-450-2750 ext. 229

Support in finding and keeping housing. Please call for further information on services.

Hours: Monday to Friday 8:30am-4:30pm.

St Paul's United Church

#: 506-458-1183

Location: 224 York Street

Offers: A brown bag lunch for those who are unable to make it to the Community Kitchen during their hours

There is a food pantry program Wednesdays from 9am-11am.

Hours: Monday to Friday 8am-4pm.

Greener Village Community Food Centre

#: 506-459-7461

Location: 686 Riverside Drive

Offers: You can apply for food assistance by visiting the Food Bank on Monday, Tuesday, or Thursday between 10am-2:30pm. They can help you fill out the application form.

Gift certificates to the boutique through The Food Centre.

Hours: Monday to Wednesday 10am-6pm, Thursday 10am-8pm, and Friday 10am-4pm.

Salvation Army Fredericton Community Church

#: 506-455-3243

Location: 531 St. Mary's Street

Offers: Temporary lodging. If the city shelters are full to capacity, they may provide temporary hotel accommodation on a very short-term basis.

Offers: Emergency food bank available once a month

Hours: Monday, Wednesday, and Friday 9am-12pm, and 12:30pm-2pm.

Offers: A free shampoo and hair cutting service on first come, first serve basis, 10am-12pm on the second Friday of each month.

Free bus tickets available (at times). They assist from their own resources on a case-by case basis as the need presents itself.

Where Can I Find Meals?

See page # 24-25 for calendar view

Baptist Church of Atlantic Convention

Location: 150 Greenwood Drive

See Page #8 for more information

Brunswick Street Baptist church

#: 506-458-8348

Location: 161 York Street

Offers: On the third Sunday of each month there is a supper.

Hours: Begins at 5pm

Christ Church Cathedral

Location: 168 Church Street

See Page #7 for more information

Fredericton Community Kitchens Inc.

#: 506-457-1788

Location: 65 Brunswick Street (Behind Fredericton Homeless Shelter, St. John house)

Offers: Three meals a day Monday to Friday:

Breakfast: 7:45 am - 8:15 am

Lunch: 11:30 am - 12:30 pm

Supper: 5:00 pm - 5:45 pm

Two meals are served on Saturday and Sunday:

Lunch: 11:30 am - 12:30 pm

Supper: 5:00 pm - 5:45 pm

John Howard Society of Fredericton

#: 506-450-2750

Location: 294 Main Street

See Page #8 for more information

St Paul's United Church

Location: 224 York Street

See Page #9 for more information

Wilmot United Church

#: 506-458-1066

Location: 473 King Street

See Page #8 for more information

Where Can I Find Groceries?



Christ Church Cathedral

Location: 168 Church Street

See Page #7 for more information

Fredericton Community Kitchens Inc.

Emergency food boxes are provided when needed. **See page #10 for more information.**

Greener Village Community Food Centre

Location: 686 Riverside Drive

See Page #9 for more information

Salvation Army Fredericton Community Church

Location: 531 St. Mary's Street

See Page #9 for more information

St. Paul's United Church

Location: 224 York Street.

See page #9 for more information.

Wilmot United Church

Location: 473 King Street

See Page #8 for more information

Where Can I Find Clothing?

Baptist Church of Atlantic Convention

Location: 150 Greenwood Drive

See page # 8 for more information.

Christ Church Cathedral

Location: 168 Church Street

See Page #7 for more information

Fredericton Anti-Poverty Organization: The Yard Sale Store

#: 506-458-9102

Location: 242 Gibson Street

Offers: Free or low-cost clothing available

Hours: Monday to Friday 10am-5pm; Saturdays 10am-4pm.

Greener Village: Unique Boutique

#: 506-459-7461

Location: 686 Riverside Drive

See Page #9 for more information

Salvation Army Thrift Store

#: 506-472-5458

Location: 275 Main Street

See Page #9 for more information

Wilmot United Church

Location: 473 King Street

See Page #8 for more information

If you are having trouble finding clothing, shoes, or other needed items you can check in with outreach workers. Most places rely on donations from the community so supplies may vary. Word of mouth is the best way to find who has what and where/when to find it.



Haircuts

Atlantic Hairstyling and Aesthetics Academy

#: 506-453-9196

Location: 23 Sunbury Street

Offers: Men's Clipper cut \$5 +tax or Design Hair Cut

Men/Women \$12 +tax

Hours: Monday, Wednesday, Friday from 9am-4:30pm;

Tuesday and Thursday 9am-8pm; Closed Weekends.

Salvation Army Fredericton Community Church

#: 506-455-3243

Location: 531 St. Mary's Street

Offers: A free shampoo and hair cutting service on first come, first serve basis.

Hours: 10am-12pm on the second Friday of each month.

Showers & Laundry Facilities

Fredericton Downtown Community Health Centre

Location: 339 King Street

See Page #7 for more information



YMCA

#: 506-462-3000

Location: 570 York Street

Offers: Fee assistance available for use of facilities/showers. *Need a membership? See page #19 for more information.*

Hours: Monday to Friday 5:30am-10:30pm; Weekends 7am-8pm; Holidays 8am-4pm.

Computers and Wi-Fi



Fredericton Public Library

#: 506-460-2800

Location: 12 Carleton Street and Nashwaaksis Middle School

Offers: Public access computers are available for Internet access and Microsoft Office Programs. You must have a Library card or a valid ID to sign up for the computers.

Hours: Mon, Tues, Fri, Sat and Sun from 10am-5pm; Wed and Thurs from 10am-9pm.

you can get a limited Library card **without ID or address – allows you to borrow up to 3 items and use the public computers**

Foot Care

Fredericton Downtown Community Health Centre



Location: 339 King Street

See Page #7 for more information

Wednesdays at Wilmot

473 King Street (across from Kings Place Mall)

See Page #8 for more information

Dental Care

Smiles for Fredericton

#: 506-452-8575

Location: varies for each event

Offers: FREE Dental Care (Filling, Extraction, or Cleaning) for individuals 18+ who cannot get dental care elsewhere.

Hours: Annual event; please check Smiles for Fredericton's Facebook page for current information on dates and locations (or) call number listed above.



All Social Assistance clients receive a health card to help pay for dental and vision care, prescription drugs, and other health needs. Please see page #17 for information on applying for social assistance.

Health Services/After Hours Clinics



It is always a good idea to show up early to get on the list to see a doctor if appointments are unavailable.

Brookside Medical Walk In Clinic

#: no number available.

Location: 435 Brookside Drive (Inside Brookside Mall)

Hours: Monday to Friday 7am until full. Often people arrive before it opens.

Weekends/holidays 1pm-5pm.

**Walk in appointments only.

Fredericton Downtown Community Health Centre

Location: 339 King Street

See Page #7 for more information

Regent Street After Hours Medical Clinic

#: 506-458-0200

Location: 1015 Regent Street

Hours: Monday to Friday the sign-up sheet is put out at 3:30pm, registration begins at 5:30pm, and appointments begin at 6pm. On weekends registration begins at 12:30pm.

Tele-Care

#: 1-800-244-8353 (or) 811

A free health advice and information line that gives you access to bilingual registered nurses 24/7.

Sexual Education & Supports

AIDS NB

#:1-800-561-4009

Location: 65 Brunswick Street, suite G17
(Victoria Health Center)

Offers: Free condoms, support for persons living with HIV/AIDS and/or Hepatitis C, treatment information, peer support, and skills-building opportunities for persons living with HIV/AIDS and/or Hepatitis C. They also have a Needle Exchange Program.

Hours: Monday to Friday 8:30am-12:30pm, and 1:30pm-4:30pm.

Sexual Health Clinic

#: 506-453-5379

Location: 1113 Regent Street

Offers: Appointments available for consultation and referrals to related services (i.e. where you can get tested).

Hours: Monday to Friday 8am-4pm.

STI's Information Line

#: 1-877-784-1010

Offers: Immediate telephone access with a bilingual nurse for free confidential health advice regarding sexual transmitted infections, including HIV/AIDS and Hepatitis C. 24/7 Toll Free. Can handle teletyping or text to telephone calls.



Fredericton Sexual Assault Centre

#: 506-454-0460; or 24/7 Crisis Line: 506-454-0437

Location: Please call office number for location. For crisis support regarding sexual violence please call the crisis line.

Offers: They provide direct services, such as free counselling, to those affected by sexual violence.

Hours: Monday to Friday 9am-4pm.

Fredericton Downtown Community Health Centre

Location: 339 King Street

See Page #7 for more information

Mental Health & Addictions Supports

AIDS NB

Needle Exchange Program. **See Page #15.**

Alcoholics Anonymous

#: 506-470-8262

Hours: Meeting times and places vary. If no one answers your call you hear a pre-recorded message that shares meeting information.

Capital Region Mental Health & Addictions Association

#: 506-458-1803

Location: 65 Brunswick Street, suite 292 (Victoria Health Center)

Offers: Advocacy for individuals with mental health problems and their families; support groups; workshops and mental health education.

- R.E.A.C.H: A community centre for adults with a chronic mental illness. Application required. Call for further information.
- Emotional Recovery Group: Support group. Call for further information.
- One on one peer support available. Call for details.



- **Let's Work:** One-on-one job search and employment assistance. Referral by clinician or employment counsellor needed. Call for further information.

Hours: Monday to Friday 8:30am-4:30pm.

Fredericton Addiction & Mental Health Centre (FAMH)

#: 506-453-2132

Location: 65 Brunswick Street (Victoria Health Center)

Offers: Addiction and mental health services for children, youth, adults, and seniors. Covered by Medicare.

Hours: Mon-Fri from 8:15am to 4:30pm.

Detox (Horizon Addiction & Mental Health Services)

#: 506-453-2132/452-5525 (may need to leave a message)

Location: 65 Brunswick Street (Victoria Health Centre)

Offers: Inpatient treatment for the withdrawal from mood altering substances such as alcohol, cocaine, opiates and other drugs. Also offers admission for problem gambling and for relapse prevention. Please call if you have questions or would like to access this service.

Hours: Unit open 24/7, Admission screening and scheduling by charge nurse Monday-Friday 8am-4pm.

Lonewater Farm

#: 506-757-2450

Location: Campbell Road, Grand Bay-Westfield

Offers: A rural addiction recovery setting for men who require a longer-term residential setting. Average length of stay is one to three months.

Hours: Information available over the phone 24/7. If you have referral call between 8-4 to speak to charge nurse.

Narcotics Anonymous

#: 1-888-436-2929 *Press 5 for Fredericton area*

Hours: Meeting times and places vary. If no one answers your call you will hear a pre-recorded message that shares meeting information.

Village of Hope

#: 506-368-2600

Location: 1100 Back Tracy Road, Upper Tracy NB

Offers: The Village of Hope is a Christian faith-based ministry dedicated to helping men of all ages overcome life-controlling drug and alcohol problems. We provide a one-year residential program with a goal to see each graduate become a productive member of society.

Opioid Replacement Treatment Program (formerly Methadone Program)

506-453-2132/506-474-2285

Location: 65 Brunswick St (Victoria Health Centre)

Offers: Outpatient treatment for individuals requiring treatment for addiction to opiates. May include counseling and other services.

Hours: Mon-Fri 8am-4pm

How to Replace ID:

#: 506-453-2834 (or) 1-888-762-8600

Location: 432 Queen Street (Service New Brunswick)

Offers: First time ID purchase is \$48; or there is a \$15 replacement fee for lost or stolen IDs.

Hours: Monday to Friday 9am-5pm; Saturday 9am-12pm.



*If you need help getting ID please contact an outreach worker.
See page 6 for Outreach Worker Information.*

How to Apply for Social Assistance

#: 1-866-444-8838

Location: 460 Two Nations Crossing

Hours: Monday to Friday 8:30am-4:30pm. When offices are closed, emergency requests for services can be made 24/7 at the same toll-free number.

What info they will need:

- Your name, date of birth, SIN and Medicare number. If not available, two other pieces of ID (Driver's licence or birth certificate) may be accepted temporarily.
- Address: if you do not have an address contact outreach services first (see page # 6). You will need a Residence Confirmation form filled out.

Additional Info: Clients with a disability may also qualify to receive a disability supplement in the amount of \$100.00 monthly.

If you are having trouble accessing social assistance, or need help with the process, you can contact outreach workers to help get you connected (See page # 6). *Don't lose hope. There is always someone willing to help you.*

How to Access Bus Tickets:

Fredericton Transit

Fredericton Transit Fees are \$2.75 per ride

Rider Cards: 10 Tickets are \$25

Adult Monthly Pass is \$80

65+ Club Pass is \$50 per year (City Hall Service Centre).

Fredericton Downtown Community Health Centre

Location: 339 King Street

See Page #7 for more information



John Howard Society of Fredericton

#: 506-450-2750

Location: 294 Main Street **see page #8 for more info**

Salvation Army Fredericton Community Church

Location:

See Page #9 for more information

If you are having trouble accessing transportation connect with Fredericton Outreach Services to help find financial support.

See page # 8 for more information.

Helpful Hint: Some churches listed in this guide that provide meals or clothing items may also provide transportation services on a case-by-case basis or in a emergency situation.



How to Apply for a Membership at the YMCA:

The Fredericton YMCA wants everyone to have the opportunity to take part in its programs and enjoy its facilities and services. Financial assistance is available for those who feel they would benefit from joining the YMCA, but are unable to pay the full membership and/or program and service fees.

What you need to do:

- Get an application form for membership assistance filled out (available online or at the front desk).
- Set up time for an interview (takes approximately half an hour).

The YMCA will determine a fee based on your needs and financial ability and come to an agreement that is acceptable to both parties. They work on a case-by-case basis.

See page #13 for location information.

Your Rights When Involved with Police:

- I do not have to talk to police or answer their questions, unless I am driving a car, or they say I broke the law. In those cases I must give my name, birthdate and address, or show my ID, but I do not have to say any more.
- I can say “no” if the police ask to search me or my things. Saying “no” does not mean I have something to hide.
- I can leave unless I am being detained or arrested.
- If I am being detained or arrested, I have a right to know why, and a right to speak privately to a lawyer – without delay – even if I can’t afford to pay.
- I have a right to know a police officer’s name and badge number.
- I can report a police officer who abuses me, swears at me, or violates my rights.
- I can report a crime at any time by going to the Police Station at 311 Queen St.



Dear Reader,

We hope this Guide helps you find the information you need. It is our hope to shorten the duration of homelessness by moving individuals towards services that can help.

Thank you to those who shared their knowledge of street survival to create this guide.

If you have any information to add to this Guide please contact:

The Community Action Group on
Homelessness

#: 506-444-8199

Email: Coordinator@cagh.ca

**You have the
power to say,
“*This is not
how my story
will end.*”**

Website: www.roadhomefredericton.com

Calendar of Meal Locations

	Monday	Tuesday	Wednesday	Thursday
Breakfast	Frederickton Community Kitchen (7:45am - 8:15am)	Frederickton Community Kitchen (7:45am - 8:15am)	Frederickton Community Kitchen (7:45am - 8:15am)	Frederickton Community Kitchen (7:45am - 8:15am)
	Christ Church Cathedral (Mid Sept- May) 8:30am-10am)		Baptist Church of Atlantic Convention(9:00am - 11:00am)	
Lunch	Frederickton Community Kitchen (11:30am - 12:30pm)	Frederickton Community Kitchen (11:30am - 12:30pm)	Frederickton Community Kitchen (11:30am -12:30pm)	Frederickton Community Kitchen (11:30am - 12:30pm)
	John Howard Society of Frederickton (pick up 10am-12pm)	John Howard Society of Frederickton (pick up 10am-12pm)	John Howard Society of Frederickton (pick up 10am-12pm)	John Howard Society of Frederickton (pick up 10am-12pm)
Supper	St Paul's United Church (pick up 8:00am - 4:00pm)	St Paul's United Church (pick up 8:00am- 4:00pm)	St Paul's United Church (pick up 8:00am- 4:00pm)	St Paul's United Church (pick up 8:00am - 4:00pm)
	Frederickton Community Kitchen (5:00 pm - 5:45 pm)	Frederickton Community Kitchen (5:00pm - 5:45pm)	Frederickton Community Kitchen (5:00pm - 5:45pm)	Frederickton Community Kitchen (5:00pm - 5:45pm)

Calendar of Meal Locations

	Friday	Saturday	Sunday
Breakfast	Fredericton Community Kitchen (7:45am - 8:15am)		
Lunch	Fredericton Community Kitchen (11:30am - 12:30pm)	Fredericton Community Kitchen (11:30am - 12:30pm)	Fredericton Community Kitchen (11:30am - 12:30pm)
	John Howard Society of Fredericton (pick up 10am-12pm)		
	St Paul's United Church (pick up 8:00am- 4:00pm)		
Supper	Fredericton Community Kitchen (5:00pm - 5:45pm)	Fredericton Community Kitchen (5:00pm - 5:45pm)	Fredericton Community Kitchen (5:00pm - 5:45pm)
		Wilmont United Church (6pm)	Brunswick Street Baptist church (3rd Sunday of each month @ 5pm)

See Page # 7 For More Information.

IF YOU FOUND THIS GUIDE USEFUL
AND NO LONGER NEED IT PLEASE
PASS IT ON TO SOMEONE WHO DOES

PUBLISHED BY:



COMMUNITY ACTION GROUP
ON HOMELESSNESS