

Brockville and Area Community Assistance Resource Guide

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Item#	Agency	Address	Phone #	Contact	Description
1	The Society of St. Vincent de Paul, St Francis Xavier Conf	66 Church St, Brockville, ON	613 340-8712		Emergency assistance to individuals and families in our community
2	Churches				
3	St Francis Xavier Parish	66 Church St. Brockville, Ontario K6V 3X6	613-342-2993	Rev. Brian J. Price / Secty Starr Hayter	Dicoesan website: www.romancatholic.kingston.on.ca
4	St John Bosco Parish	175 Windsor Dr. Brockville, Ontario K6V3H8 (Rectory 811 Lindsay Place)	613-342-5095 (Ch) 613-342-8277 (Rec)	Rev. Jacob Chelamootil / SectyMarlene Leonard	sibparish@bellnet.ca
5	St. Mark the Evangelist	Box 234, 160 Dibble Street West, Prescott, ON K0E 1T0	613-925-2944 Fax 888-212-9318	Rev. Brent Brennan	stbulletineditor@gmail.com www.stmarksacredheart.ca
6	The Pier Christian Church	Royal Brock Hotel, Stewart St, Brockville	613-498-7729	Rev. Jonathan Zink Debbie Smith, Ministry Coordinator	Emergency shelter. Also provide lunch every day at their basement location in the Royal Brock. The person to talk to if the Pier sends a person/family to us.
7	Long Term Care Facilities				
8	St. Lawrence Lodge	King St. East Brockville	345-0255 (ext 4122) 613 342-4656	Carol Brophy	
9	Bridlewood Manor	1026 Bridlewood, Brk., K6V 7J8	345-2477 498-2465	Christina Collingwood	christina.collingwood@reveraliving.com
10	Rosedale Retirement Centre	RR#1, Brk., K6V 5T1	342-0200 ext 2238	Elizabeth Brunsveld, Activity Dir.	ebunsveld@chartwell.com
11	Sherwood Park Manor	1814 Hwy 2, Brk., K6V 7G7	613 342-3767	Ms. Nancy Nesbitt-Boucher	linwoods@hotmail.com , mnesbitt-boucher@sherwoodparkmanor.com
12	The Wedgewood Retirement Resort	15 Market Street East, Brk., ON, K6V 0A6	613 342-9800	Joyce Bonhart, Activities Dir. Parnie Nolan, Admin	activities@retirementresort.ca
13	CCAC (Community Care Access Centre)	555 California Ave, Brockville	866 243-0061	http://healthcareathome.ca/	Connects individuals to community health care services information and referral for health services at or by telephone, coordinates professional home health services and personal care support when needed, will connect individuals with organizations to better meet their needs.
14	MPP/MP				
15	Steve Clark MPP	100 Strowger Blvd, Brockville, ON K6V 5J9	(613) 342-9522		

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16	Gord Brown MP	2399 Parkedale Ave, Brockville, ON K6V 3G9	613-498-3096		
17	Food Resources - see Regular Sources for Food in Brockville at end of document				
18	Operation Harvest Sharing-Food Bank	58 Buell St, Brockville, ON K6V 5V7	613 342-0605	http://operationharvestsharing.ca/19-2/about/	Tuesday - Friday 12 noon - 3:00pm 2nd Monday each month 6:00pm - 7:30pm 2nd Tuesday October 6:00pm - 7:30pm
19	Operation Harvest Sharing-Food Bank - back to school assistance.				Food bank also offers back to school supplies donated by Staples. They give the items out in a backpack
20	Loaves & Fishes	25 Front Ave. W, Brockville	613 345 6498	Irene Selkirk www.loavesandfishes.com	Monday-Friday 4:00 - 6:00 pm
21	Breakfast at Brockville Wesleyan Church	33 Central Ave. W, Brockville	613-342-4566		Third Saturday each month 8:30 - 10:30am
22	South Grenville Food Bank: Prescott	136 Henry St. W, Prescott	613 925-2444		Open Tuesday, Wednesday, & Thursday 10:00 to 2:00 pm
23	South Grenville Food Bank: Cardinal	Cardinal Public Library 618 King's Hwy #2, Cardinal	613 657-1967		Open Wednesday 10:00 -2:00 pm
24	South Grenville Food Bank: Spencerville	Spencerville United Church 16 Centre St. Spencerville	613 925-2444		Open every second Tuesday 11:00 - 1:00 pm
25	King's Kitchen	South Grenville HS 100 Edward St. N, Prescott	613 925-5340		Free meals on Wednesday's during the school year. Free will offering.
26	Food Access Inventory Leeds, Grenville& Lanark District. Health Unit		Health Access Line 800 660-5853 or 613 345- 5685		Directory of services for people who need access to healthy food. Emergency food programmes/skills & food knowledge/food support programmes.
27	Meals on Wheels				Administered by CPHC
28	Government & NGO's				
29	211		211	www.211ontario.ca	Free confidential live answer 24/7 or
30	Ontario Works	25 Central Ave W, Suite 200 Brockville, ON K6V 4N6	613 342-3840 #2129 or 800 267-8146		Assistance for those individuals or families in need of financial assistance.

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31	Ontario Works - United Counties of Leeds & Grenville		613 342-3840 #2385	Kimberly Little, Manager, Integrated Program Delivery; Phone: 613-342-3840 ext 2385	Short term emergency shelter unit up to 21 days in event of homelessness. One family unit & two units for singles in Brockville. One targeted at youth in Prescott. Will also book hotel if these units are booked.
32	Leeds Grenville Public Housing		613 342-3840 # 2450	Michelle	Rent geared to income housing or rent assistance.
33	Ontario Works-Homeless Prevention Benefit	On-Line access	http://www.leedsgrenville.com/en/live/housing/HomelessnessPreventionBenefit.asp		If you earn <\$22,500 provides max \$800 single or \$1,500 couple over 24 month period.
34	Ontario Ombudsman			http://www.ombudsman.on.ca/Home.aspx	
35	ODSP-Service Ontario (Ontario Disability Support Program)	Brockville Commercial Ctr, 105-100 Strowger Blvd Brockville ON K6V 5J9	613 345-1200 or 800 267-0834		Support for handicapped individuals that cannot work.
36	Occupational Health & Safety Act, Section 32		http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90o01_e.htm#BK51		Ontario Gov't harassment & violence policies in the workplace.
37	Employment & Education Centre	364 Pearl Street, Brk., K6V 4E5	613 498-2111 613 498-2116 (fax)	Rev. Keith Fraser, Sarah White, Christian Counselor	
38	Distress Center		800 465-4442		Will discuss health & well being, depression, self esteem, stress, abuse, loneliness, suicidal thoughts, drug & alcohol abuse, etc
39	Warm Line Services		800 465-4442		Trained volunteer will phone client for medication reminder, suicide support, crisis support, lonely, check-in, short term support
40	Victim Services		613 925-0155	Julia- 613 803-5291 Sonia 613 341-7700 Saddy 613 802-9331	Victim services are provided on a priority basis to the most vulnerable victims and witnesses of violent crime, such as domestic violence, child abuse, sexual assault, homicide and hate crime.
41	Interval House	21 Cowan Ave, Brockville, ON K6V 1W1	613 342-8815 or 800 267-4409	Susan Charbonneau 613 342-8615	24/7 Crisis line. Emergency shelter, meals, information, referrals, support counseling & outreach programmes.

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42	Ministry of Community & Social Services	200-25, Central Ave. Brockville K6V 4N6	613 345-4101 or 800 267-8146		Social assistance issues: Family responsibility office/ child & domestic support/ collects support for families/ helps with daily living (developmental support)
43	Family & children's Services Lanark, Leeds & Grenville	438 Laurier Blvd Brockville K6V 6C5	613 498 2100 or 800 481 7834		24 hrs access for families and youth Urgent service worker—Ext.245. After hours –telephone service worker
44	Leeds Grenville Child Care Fee Subsidy		Case Manager Appointment 613 342-3840 800 267-8146 #2119	Live/Community Programs/Child Care on their website	Subsidies are available for eligible families of children from infancy to 12 years of age where the parent(s) is/are employed or enrolled in an educational program. It only applies to contracted licensed child care settings.
45	Affordable Housing Programs Homeownership Program		613 342-3840 800 267-8146 #2401 Live/Housing/Investment Affordable		Ontario Renovates program that financially assists low income homeowners by way of a forgivable loan to repair their home and/or increasing accessibility. Homeownership Program provides down payment assistance of up to 5 percent of the purchase price of a home to eligible homebuyers in form of a 20-year forgivable, interest free loan.
46	United Counties of Leeds & Grenville Community & Social Services Changes to the way social assistance clients access drug coverage	25 Central Ave W, Suite 200 Brockville, ON K6V 4N6	613 342-3840 800 267-8146		Starting in Sept 2016, people receiving social assistance can use their Ontario Health Card to access the Ontario Drug Benefit program.
47	Ontario Health Card-How to obtain one	Nearest Service Ontario location.	ServiceOntario INFOLINE 800 664-8988		Complete registration for Ontario Health Coverage form (go to forms.ssb.gov.on.ca to download) for each person. Three original docs to prove identity, address/residency in Ontario, citizenship/immigration status.
48	Legal Assistance				
49	Landlord & Tenant Tribunal Board	http://www.sjto.gov.on.ca/ltb/	888 332-3234		Resolves issues between landlords and tenants.

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50	Rental Eviction Information	<p>Eviction notification - 90 days if you have a lease and provided there is no shared accommodation such as a bathroom or kitchen. Eviction Notice Ontario”, gives us some info about evictions. There are several sources of info. One good one is “Community Legal Education Ontario”. See it at: http://www.cleo.on.ca/en/publications/fightev/if-your-landlord-gives-you-notice. The time limit is usually 14 days for non-payment of rent if the rent is paid monthly. That is, at least 14 days after receipt of the notice. However, it’s not a simple “kick-em-out” for the landlord. Note the following:</p> <p>What if you agree with the notice? If you agree that you owe the amount that the landlord is claiming, you should pay this amount by the termination date in this notice. If you do so, the landlord cannot apply to the Board to evict you based on this notice. If you do not pay the amount owing, you do not have to move out. However, the landlord can apply to the Board to evict you. If the landlord applies to the Board to evict you and the Board orders the eviction, you will likely have to pay the landlord's filing fee, in addition to what you owe.</p> <p>What if you disagree with the notice? You do not have to move out if you disagree with this notice. You could talk to your landlord. You may also want to get legal advice. If you cannot work things out, the landlord may apply to the Board for an order to evict you. The Board will schedule a hearing where you can explain why you disagree.</p>			
51	Family Law Information Centre Fraser Mediation Services	41, Court House Square Brockville K6V 7N3	613 341-2800 Ext 2295		Centre helps individual needs/those without lawyers/who are entering court for first time. Resources for separation/divorce/child protection/other legal services
52	Brockville Police Services	2269, Parkedale Ave Brockville K6V 0B7	613 342 0127		Emergency situations-having police deal with issues that require immediate attention-suspecting abuse/ etc.
53	Brockville Jail	10 Wall St., Brk., K6V 4R9	341-2870 ext 3238	Chaplain Crystal Minor	crystalminor@ontario.ca, bluehgmom@yahoo.ca
54	Legal Aid Ontario	800 668-8258			
55	Seniors Activities & Services Directory	Published semi-annually by EMC Specialty Publication	800 283-7936		Activities/Business Directory A-Z of products and services. Features from hearing – dental-medical services and retirement facilities. Lists of phone numbers covering all areas from poison info to crisis intervention.
56	The Little Black Book, Volume 2	By United Way Leed & Grenville uwleedsgrenville.org			Mainly for youth but has many resources for everyone. From coping isn't easy, I've been hurt, I need a place to eat & sleep and much more helpful info.
57	Leeds Grenville Child & Youth Wellness Ctr- Making Play Possible		613 498-4844 #3022 www.cywc.net/makingplaypossible-home.htm	Lorena Crosbie. Contact Sue Kennedy for registration.	Wellness Centre works with children with mental health issues. However, the Making Play Program helps all children

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58	Children's Mental Health of Leeds & Grenville	779 Chelsea St. Suite BU Brockville, ON K6V 6J8	800 809-2894	www.cmhlg.ca	Provides free counselling and parenting support for children, youth & families experiencing difficulties such as anxiety, trauma, loss, parent-child, parent-teen conflict, depression & a variety of other mental health issues and struggles.
59	Making Play Possible	779 Chelsea St. Suite BU Brockville, ON K6V 6J8 Playing Learning Having Fun	800 809-2894	www.makingplaypossible.com	Facilitates access to recreational activities for children & youth of Leeds Grenville so they will grow up physically & mentally strong.
60	Medical Assistance				
61	Autism Support	<p>Contact Autism Ontario to find the local chapter and reach out the local chapter for local providers and possible government funding for IBI (Intensive Behavioural Intervention)- http://www.ementalhealth.ca/Leeds-and-Grenville/Autism-and-Autism-Spectrum-Disorders/index.php?m=heading&ID=29</p> <p>They can also help him/her look into respite services grants.</p> <p>Find Facebook groups for the local area and reach out to the members – he/she should post as a father/mother seeking guidance.</p> <p>Look up the Ontario Autism Coalition facebook page – they are a valuable resource - https://www.facebook.com/groups/4179793644/</p> <p>Through local autism support groups he/she can apply for PC (President's Choice) funding and special services at home. He/she will need a local service provider to draft a letter for her – it explains what support she needs and where the money will go.</p>			
62	Birthright Kingston	93 Queen St, Kingston, ON K7K	800 550-4900	Marie Sardinha, Executive	Assisting expectant mothers
63	CPHC (Community & Primary Health Care) formerly VON	2235 Parkedale Ave. Brockville.KV6 0B7	613 342-9991 or 877 565-0008		Life line” Personal Response System. 24/7 Help—when others can’t be with you. Friendly callers service for those in need of some personal support and contact.
64	Leeds & Grenville Rehabilitation & Counseling Services	25, Front Avenue West, Suite 1. Brockville K6V 4J2	613 342 6214 or 866 499 8445		Community based adult mental health programme- serving persons-severe mental illness, health problems or are experiencing acute situational distress.
65	Trillium Drug Program			http://www.health.gov.on.ca/en/public/programs/drugs/programs/odb/opdp_trillium.aspx	The TDP helps people who have high prescription drug costs relative to income their household income. It covers all drugs approved under the Ontario Drug Benefit (ODB) program.
66	Brockville General Hospital	75 Charles Street, Brk., K6V 1S8 42 Garden Street, Brk., K6V 2C3	613 345-5645		Janet Stark, Spiritual Care Mgr. staja@bgh-on.ca , Rev. Brenda Haggett hagbr@bgh-on.ca

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67	Patient Services Directory, Brockville General Hospital	BGH Foundation Publication			A Patient Directory of useful info about BGH. Health /rehabilitation/ palliative care services/hospital programmes & services.
68	Brockville Mental Health Ctr	Box 1050, Brk., K6V 5W7	613 345-1461	Beth Smith	elizabeth.ann.smith@theroyal.ca
69	Mental Health Crisis Line	BGH 3rd floor	613 345-4600 866 281-2911		
70	Gananoque Loan Cupboard	153 North St. Gananoque	613 382-7601		Lending of medical equipment including wheelchairs, walkers, scooters, toilet seats, etc.
71	Leeds, Grenville and Lanark District Health Unit.	458, Laurier Blvd. Brockville.K6V 6C5	613 345-5685 or 800 660-5853		Provides health services for seniors, children & individuals with an acute or chronic conditions as a result of physical or mental illness
72	South Eastern Ontario Health Services	www.southeasthealthline.ca			On line access to health services in SE Ontario. Wide range of options + News, events & career info as well as help finding health & support services.
73	Dental Assistance				
74	Leeds & Grenville Dental Svcs/Oral Health-CINOT (Children in Need of Care)	http://www.healthunit.org/dental/program_services/cinot.htm	Contact the Health Unit		CINOT is a provincially and municipally funded program for children in need of dental treatment. This program ensures that all Ontario children in urgent need of dental care will receive immediate treatment - See more at: http://www.healthunit.org/dental/program_services/cinot.htm#sthash.OTBjRPbK.dpuf
75	Leeds & Grenville Health Unit	458, Laurier Blvd. Brockville.K6V 6C5	613 345-5685 or 800 660-5853		They do have funds to assist with dental emergencies. Will give up to \$300 if client is in pain. Money is not always available as it is funded by donations.
76	Boardwalk Dental	9 Broad Street Brockville, K6V 6Z4	613 342-9333	Dr. Patricia Keeling Dr. Peter Culp	Boardwalk are willing to provide dental assistance to those in need provided they are already patients. There is a limit per season.

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77	Ontario Works				Can help provided client is on welfare. An ID card is provided with a value of up to \$400.00. Not all dentists are accepting it now because of increased costs.
78	LHIN (Local Health Integration Network) Dental assistance	Rideau Community Health Ctr 354 Read St Merrickville sister site at 118 - 2 Gould St. Smiths Falls Portland Community Health Ctr 4319 Cove Rd Portland	613 269-3400 613 283-1952 613 272-3302		Every year, these organizations receive money from the LHIN (Local Health Integration Network) to provide dental services. There is usually a lengthy list of people waiting for care so the money does run out but always worth calling.
79	Credit Counseling & Financial Assistance				
80	1000 Islands Credit Counseling	105 Strowger Blvd	613 498-2111 #234 or 800 926-0777	Martin Carette	Free credit counseling supported by United Way.
81	Brief & Associates - Debt Mgmt	Suite 206, 43 King Street W, Brockville Ont. K6V 3P7	613 349-4976	Barbara Thompson, Debt Crisis Counsellor.	Barb is very committed to assisting those in need.
82	BDO Debt Mgmt		613 341-9383		
83	Community Volunteer Income Tax Program		613 345-6000		Free tax preparation if earning less than \$26K
84	Canadian Red Cross (Care Partners)	80 Charles St., Brockville, ON K6V 1T3	613 342-3523 #7225	Jessica Miller jessica.miller@redcross.ca http://www.redcross.ca/	Can only assist in the case of a fire or flood.
85	Dn Peter Lafleur		613 345-5566		Has friends who can frequently assist with moving furniture.
86	RISE Asset Development (Small business lending program)	Sarah Conway, RISE Community Outreach and Business Advisor Addiction & Mental Health Services - KFLA 552 Princess Street, Kingston, ON, K7L 1C7	855 464-7473 Email: sarah@riseassetdevelopment.ca or sconway@amhs-kfla.ca or info@riseassetdevelopment.ca www. riseassetdevelopment.ca	Sarah Conway 613 544-1254 cell 613 217-1469	RISE is a small business lending program that enables individuals to gain access to low-interest loans to launch or grow their small business. They are a character based lender that looks at both the person and the business. Sarah Conway presented to us at our October, 2016 meeting.
87	Utility Assistance				

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88	R. C. Separate School Board Utility Assistance Fund				The Separate School Board has a large fund, which the teachers contribute to, that is available to assist the families of students that are having trouble paying utilities. When we indicate that we either cannot assist or assist with only a portion then the board will provide assistance.
89	Salvation Army	175 First Ave, Brockville, ON K6V 5W1	613 342-5211	Theresa Smith, sallyann@ripnet.com	Offer a one-time \$300 utility assistance program. Client must have received a notice of disconnect.
90	HydroOne		888 664-9376	http://www.hydroone.com/MyHome/MyAccount/WaystoPay/Pages/default.aspx	Offer assistance to set up a payment plan.
91	HydroOne-LEAP (Low-income Energy Assistance Program) See Item # 52		855-487-5327 (United Way of Greater Simcoe County)	http://www.hydroone.com/MyHome/MyAccount/WaystoPay/Pages/LEAP.aspx	Developed by Ontario Energy Board for emergency utility financial assistance.
92	New Ontario Electricity Support Program		855 831-8151	www.ontarioelectricitysupport.ca	Up to \$75.00/mon in electricity discount for low income families. Begins January 1st, 2016
93	Simco United Way Emergency utility assistance See Item # 59		855 487-5327		Max of \$500 Hydro & \$300 Enbridge for those requiring assistance with utilities. Martin Carette of 1000 Islands Credit provided this information.
94	Service Canada		800 662-6232		Assistance program in case of utility payment issues.
95	Heating Assistance-1000 Islands Credit Counselling				\$800 assist administered by 1000 Credit Counseling & funded under Community Homelessness Prevention Initiative (CHPI). Applications accepted until March 31/16.
96	Zazeen TV	Skinny Basic TV Cable & Internet telephone		http://www.zazeen.com/iptv-skinnybasic-cable-tv.html	\$9.95 for 'skinny' cable TV service. Another \$10.00 for VOIP phone service. Requires an Internet service.
97	Sports Programs				
98	YMCA	345 Park St. Brockville	613 342-7961	http://www.brockvilley.com/	YMCA also do baby sitting training and coordination.

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99	Canadian Tire Jump Start Charities			http://jumpstart.canadiantire.ca/en/canadian-tire-jumpstart-charities	Assists families to enroll children in sports activities. Assisting with the costs associated with registration, equipment and/or transportation for sports and physical activity programming.
100	Champions for Kids Foundation (Upper Canada District School Board)	225 Central Ave, Brockville	613 342-0371 http://www.ucdsb.on.ca/teams/championsforkids/Pages/default.aspx	Primary Contact: Director's Office Secondary Contact: Bill Loshaw @ 613 345-5641	A charity formed in January 2008 to help level the playing field for children of struggling families. It gives them a helping hand to meet their children's medical needs and allow their kids to participate in sporting events, the arts, and other fun activities outside of school hours.
101	Second Hand Stores in Brockville & Area				
102	May Court Thrift Shop (no furniture)	40 St Andrew St, Brockville	613-342-2251		
103	Salvation Army Thrift Store	181 King St W, Brockville	613-342-1616		
104	Second Time Around	2400 Parkedale Ave, Brockville	613-498-1985		Old Goodwill store
105	The Score	Brockville Shopping Centre 125 Stewart Blvd, Brockville	613-345-5353		
106	Restore - Habitat for Humanity (no clothing)	3037 County Road 29 (just north of Brockville)	613-342-3521		
107	Thrifties	4504 South Ave, Unit 12 (north of Tincap)	613-341-7775		
108	Salvation Army Thrift Store (no furniture)	183 King. St. W, Prescott	613-925-2350		
109	Something Old and Something New	47 Plaza Dr, Iroquois	613-652-4932		
110	Miscellaneous				
111	Karl's Moving		613 652-2526 Cell: 613 802-2544		Offers confidential moving in unmarked trucks and reasonable rates

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Regular Sources for Food in Brockville:					
	BROCKVILLE FOOD BANK	LOAVES & FISHES: \$1.00 Supper			
	58 Buell St. 613-342-0605	25 Front Ave. W. 613-345-6498			
	Tuesday - Friday 12 noon - 3:00pm	Monday - Friday 4:00 - 6:00pm			
	2nd Monday each month 6:00pm - 7:30pm				
	2nd Tuesday October 6:00pm - 7:30pm				
	COMMUNITY BREAKFAST at BROCKVILLE WESLEYAN CHURCH				
	33 Central Ave. W., Brockville, ON	613-342-4566			
	Third Saturday each month, 8:30 - 10:30am				
	THE PIER COMMUNITY OUTREACH - FREE LUNCH	Note: New Location			
	25 Front Ave. W. 613-498-7729				
	Monday - Friday 10:00 - 12:30	Coffee available at 10:00am			
	SUNDAY SUPPER'S IN THE COMMUNITY				
	EVERYONE WELCOME - FREE OF CHARGE 3:30 - 5:30				
	1st Sunday of the Month: <u>St. Lawrence Parish,</u>				
	80 Pine St., 613-345-5717				
	2016: Jan. 3, Feb. 7, March 6, Apr. 3, May 1, June 5, July 3, Aug. 7, Sept. 4, Oct. 2, Nov.6, Dec.4.				
	2nd Sunday of the Month: <u>Wall St. United Church,</u>				
	5 Wall St.613-342-5401				
	2016: Jan.10, Feb.14, March 13, Apr.10, May 8, June 12, July 10, Aug.14, Sept. 11, Oct. 9, Nov. 13, Dec. 11.				
	3rd Sunday of the Month: <u>The Pier Christian Church,</u>				
	25 Front Ave. W., 613-498-7729				
	2016: Jan. 17, Feb. 21, March 20, Apr. 17, May 15, June 19, July 17, Aug. 21, Sept. 18, Oct. 16, Nov. 20, Dec. 18.				
	4th Sunday of the Month: <u>1000 Islands Baptist Church,</u>				
	229 Park St., 613-342-9552				
	2016: Jan. 24, Feb. 28, March 27, Apr. 24, May 22, June 26, July 24, Aug. 28, Sept. 25, Oct. 23, Nov. 27, Dec. 25				
	5th Sunday of the Month: <u>Wall St. United Church,</u>				
	5 Wall St., 613-342-5401				
	2015: January 31, May 29, July 31, October 30.				
	FREE BREAKFAST at <u>St. John's United Church</u>				
	32 Park St., Brockville, ON 613-345-5824				
	Fifth Sunday Each Month, 8:30 - 10:30; 2016: Jan. 31, May 29, July 31, Oct. 30.				

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