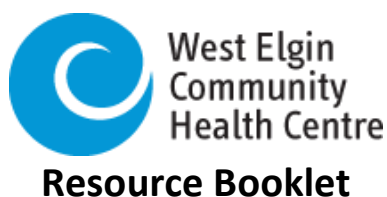


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**\*This guide is for informational purposes only. Information contained in this Publication has been gathered through websites, flyers, and/or contact with organizations. The information has not been independently verified. For confirmation of the information listed, or any additional information on a program, please contact the organization or program provider directly.**

# Activities/Groups

## Learning Activities

Type	Name	Contact
<b>WECHC</b>		
<b>Co-located Service</b>		
<b>Community</b>	West Elgin Drama Society	519 762-5662 weds.ca weds.ca@gmail.com
	West Elgin Nature Club	Chris Leys 519 768-3313 Bill Prieksaitis 519-785-0176
<b>Public/Institutional</b>	Adult Day School and Alternative Education (TVDSB) – St. Thomas	519-631-0231
	Adult English as a second language (ESL-TVDSB)	519-452-2000
<b>Business</b>		
	Alley Kat Music	519-768-1140
<b>Network/Tables</b>		

## Skills and Educational Activities

Type	Name	Contact
<b>WECHC</b>	Cooking classes (Family, baby, children, etc)	519-768-1715 x 2202
	Men's cooking	519-768-1715 x 2224
	Young Adults Baking Group	x 2210
	Diabetes – Better Bites group	X 2301
	Gardening workshops	X 2224
	Art	X 2210
<b>Co-located Service</b>	Teen Cooking – Optimist and WECHC	519-768-1715 x 2314
<b>Community</b>		
<b>Public/Institutional</b>	Computer Lessons - Local Libraries (West Lorne, Dutton, Rodney)	Dutton – 519=762-2780 West Lorne- 519-768-1150 Rodney – 519-785-2100
	Adult Day School and Alternative Education (TVDSB) – St. Thomas	519-631-0231
	Adult English as a second language (ESL-TVDSB)	519-452-2000

	West Elgin Support Services (employment counselling, computer lessons, etc.)	519-768-0020
<b>Business</b>		
<b>Network/Tables</b>	AA Meetings - West Lorne & Dutton	(519) 438-1122 Aalondon.org
	VON Friendly Visiting	519-637-6408

## Physical Activities

Type	Name	Contact
<b>WECHC</b>	Pre & Post Natal Fitness	x 2202
	Walk N Dine	x 2210
	SMART exercise	x 2210
	Home Support Exercise	x 2210
<b>Co-located Service (Dutton)</b>	YWCA Recreation Programs @ the Dutton Community Centre (Thursdays)	519-631-9800/ <a href="http://www.ywcaste.ca">www.ywcaste.ca</a> 519-762-3209
	YWCA Red Cross Babysitting Course 11-15yo	519 768-0020 <a href="http://www.ywcaste.ca">www.ywcaste.ca</a>
	VON Smart Exercise Program @ the Dutton Community Centre (Tues/Thurs)	519-659-2273 ext 22267
	Children's fitness program – Dutton, West Lorne and Rodney	519-768-1715 x 2203
<b>Community</b>	West Elgin Arena (skating, hockey)	519-768-1380
	West Lorne Splash Pad	
	West Lorne Minor Soccer	519-317-7934 <a href="mailto:westlornesoccer@gmail.com">westlornesoccer@gmail.com</a>
	Adult Basketball @ WESS	Ron Wilkins 519 768-2530
	Adult Rec Volleyball @ WESS	Paul Dupuis 519 768-1500
	West Lorne Horticultural Society	Jim Hathaway 519 636-1441 Heather Bell 519 768-1284
	Dutton-Duniwch Historical Society	Connie Dieleman 519 762-2563
	Rodney Horticultural Society	Carol Pepper 519 785-1844
	West Lorne Lawn Bowling Club	Norah Bennetto 519-762-2279 or 519-693-0943
	Rodney Carpet bowling	Joan Lashbrook 519 785-0483
	Rodney Minor Soccer	<a href="mailto:rodenymiorsoccer@hotmail.com">rodenymiorsoccer@hotmail.com</a>
	Dutton Horticultural Society	Gilbert Bouw 519 762-2440
	Splash Pad coming to Dutton in 2019	
	Dutton Minor Ball	ddsoftball.ca Karen Veraart 519 762-3376
Dutton Volleyball – Dutton Community Centre	519-762-2204	

	Wallacetown Soccer	Kim Mendonca 519-762-0314 or 519-762-0954 wallacetownsoccer@gmail.com
	Wallacetown Agricultural Society	519 762-3635
	Wallacetown Optimist Helen VanBrink	519-762-2768
	West Elgin Skating Club	<a href="mailto:westelginskatingclub@hotmail.ca">westelginskatingclub@hotmail.ca</a>
	Rodney Community Centre : SMART exercise class Walking Program Senior Shuffle boarders	519-785-2323 519-785-2149 Adam Hrabsinski- 519 785-2184
<b>Public/Institutional</b>	<b>Dutton Community Centre</b> Pickleball 3x/wk Morning Walking Program Floor Hockey Volleyball (Tuesdays - April Snow 519-670-5358)	519 762-2204
	Dutton walking program	519-762-3209
	Dutton Pool	519-762-2772
	West Lorne Minor Hockey	<a href="http://www.westlornecomets.com">www.westlornecomets.com</a>
	West Elgin Pool	Shelley Smith 519 768-0750
	West Lorne Tai Chi Group	Marg Hulls 519 762-2049
	Rodney Walking Program	519 785-0560
	Monday morning Nature walks	Marg Hulls 519-762-2049
<b>Business</b>	Dutton Meadows Golf Course	519-762-3435
	Yoga	Tamme Matthew 519-764-2163
	Zumba	Sharon MacDonald 519-670-9408
	Taekwondo	Josh Self 519-764-2801
	Dance classes	Barb Trudell 519-762-3431
	Body by Kym	Kym 519 494-8791
	E3 Fitness	Erin Ellison 519-318-4808, <a href="mailto:erinellison72@hotmail.com">erinellison72@hotmail.com</a> Face book: E3 Fitness
<b>Network/Tables</b>		

## Social Activities

Type	Name	Contact
<b>WECHC</b>	Stroller Walk & Lunch	x 2312
	LGBT2Q group	x 2282
	Friendly visiting	x 2210
	Caring Crafters	x 2319
	Drop In Group	x 2319

	Bingo	x 2210
	Parent Café	X 2314
	Arting Around	x 2210 or 2319
<b>Co-located Service</b>	Early ON playgroup	519-768-1715 x 2202
<b>Community</b>	Lions Club Bingo, Monthly, 18+	519 319-6584
	Girl Guides	519 762-5406
	Tyrconnel Heritage Society	519 762-3072
	West Elgin Dramatics Society	519-762-5662 <a href="mailto:weds.ca@gmail.com">weds.ca@gmail.com</a>
	Seniors Dinners	Contact a Dutton Dunwich Seniors Member
	Dutton Seniors Centre	519-762-2364
	West Elgin Choral Society	Jean 519 768-3491
	West Elgin Community Band	westelgincommunitybandinfo@gmail.com -Martha Foster 416-427-3498
	Rodney Lions Club	519 785-0879 Corrie Monaghan
	Rodney Adults Social Centre	Audrey Roodzant, 519-785-0186
	West Lorne Fireman's Association	226-427-2038
<b>Public/Institutional</b>		
<b>Business</b>		
<b>Network/Tables</b>		

## Volunteering & Community Service

Type	Name	Contact
<b>WECHC</b>	West Elgin Community Health Centre	519-768-1715 x 2210
<b>Co-located Service</b>		
<b>Community</b>	Dutton Lions Club	Diane Purcell 519 762-3341
	Pearce Williams Christian Centre	519-764-2317
	West Elgin Dramatics Society	weds.ca@gmail.com
	Royal Canadian Legion (West Elgin) Branch 221	519-768-1890 (M-Sat 2:30-7pm) Robert White (Veteran Services and Membership) - 519-495-7175
	Royal Canadian (Rodney) Legion Branch 525	519-785-2111 Rodneylegionb525@gmail.com
	Rodney Lions Club	519 785-0879 Corrie Monaghan
	Optimist Club of West Lorne	Fred Rees 226-378-4424
	Kiwanis Club of Rodney	Ron Downie 519 785-0241

Type	Name	Contact
	West Lorne Kiwanis Club	519-768-1798 Bill Graham or 519 768-1224 Winfrid Liepmann
	Crinan Women's Institute	519-768-2501
	West Lorne Women's Institute	519 768-1526, 519-768-1224
	Wallacetown Women's Institute	519-762-2766
	Wallacetown Optimist Club	Helen Vanbrink 519 762-2768
	Wallacetown Agricultural Society/Fair Board	519-762-3635
	Tyrconnell Heritage Society/Backus Page House (Angela Bobier)	519 762-3072
	Rodney Fair Board	Ron Buchanan, 519-200-3014
<b>Public/Institutional</b>	Bobier Villa Long Term Care Home	519-762-2417
	Beattie Manor Retirement Residence	519-693-4901
<b>Business</b>		
<b>Network/Tables</b>		

## Targeted Groups/Supports

### Topic-specific

Type	Name	Contact
<b>WECHC</b>	WECHC Diabetes Better Bites	519-768-1715 x 2301
	Smoking Cessation Group	x 2224
	Caregiver Support Groups (MS, Brain Injury, Parkinsons, etc)	X 2210
	Mindfulness Group	x 2230
	Chronic Pain Group	x 0117
	COPD Support	X 0117
	Insomnia Group	x 2230
	Cardiac Rehab	X 0117
<b>Co-located Service</b>	WECHC Let's Connect & Optimist Club Teen Cooking Classes	519-768-1715 x 2314
	Talbot Trails Physiotherapy - Exercise	519-768-3998
	Tyrconnell Heritage Society/Backus Page House (Angela Bobier)	519 762-3072
<b>Community</b>		
<b>Public/Institutional</b>	Alzheimer Society Caregiver Support Group @ Bobier Villa	519-633-4396 1-888-565-1111
	VON Bereavement Support Groups	1-800-201-0909

Type	Name	Contact
	TOPS # ON 792 weight loss	<a href="mailto:topsacbetty@hotmail.ca">topsacbetty@hotmail.ca</a>
<b>Business</b>	Talbot Trails Physiotherapy - Exercise	519-768-3998
<b>Network/Tables</b>		

## Mental Health

Type	Name	Contact
<b>WECHC</b>	Mindfulness group	X 2230
<b>Co-located Service</b>	Canadian Mental Health Association (CMHA) @ the WECHC	519-633-1781
<b>Community</b>	Central CHC – Community Support for Suicide prevention	<a href="tel:519-633-5106">519-633-5106</a>
	Alcoholic Anonymous – phone for SW Ontario area Al-Anon	519-438-1122 <a href="http://aalond.on.org">Aalond on.org</a>
	Psychiatric Survivors Network of Elgin (P.S.N.E.)	1-888-631-1919 <a href="http://www.psne.ca/">http://www.psne.ca/</a>
	Canadian Mental Health Association (CMHA): Social Rehabilitation	<a href="http://www.cmhaelgin.ca/services/social-rehabilitation/">http://www.cmhaelgin.ca/services/social-rehabilitation/</a> 519-633-1781
	WELLKIN – CHILD AND YOUTH MENTAL HEALTH SERVICES	877-539-0463 <a href="https://wellkin.ca/programs-services/">https://wellkin.ca/programs-services/</a>
	Bereavement Supports - VON	1-800-201-0909 519-637-6408
<b>Public/Institutional</b>	Survivors of suicide loss, Penny Knapp	<a href="http://www.rememberingnicholas.ca/">http://www.rememberingnicholas.ca/</a>
<b>Business</b>	Nourishing Hearts Care Wellness Farm	Julie Casey 519-859-1574
<b>Network/Tables</b>		

## Newcomer/Immigration

Type	Name	Contact
<b>WECHC</b>		
<b>Co-located Service</b>		
<b>Community</b>		
<b>Public/Institutional</b>		
<b>Business</b>		
<b>Network/Tables</b>	St. Thomas-Elgin Local Immigration Partnership	519-631-9800

## Children and Family

Type	Name	Contact
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Type	Name	Contact
<b>WECHC</b>	Play Groups Family events Well Baby checks Parent Café Cooking programs	x 2202  x 2312 x 2314 x2202
<b>Co-located Service</b>	Early ON play group – West Elgin CHC	519-768-1715 x 2202
	Children’s Fitness program – Dutton, West Lorne and Rodney	519-768-1715 x 2203
<b>Community</b>	Pearce Williams Christian Camp	519-764-2317
	Vacation Bible School, Dutton - Local Churches  Vacation Bible School, West Lorne	Dutton Baptist Church 226-212-0692 West Lorne Baptist Church – 519-768-3248
<b>Public/Institutional</b>	West Elgin Summer Day Camp	Shelley Smith 519 785-2164
	Tiny Tots Co-op Nursery School	519-785-2164
	Storytime and after school programming @ the Local Libraries	Dutton – 519 -762-2780 West Lorne- 519-768-1150 Rodney – 519-785-2100
	WELLKIN – Child and youth mental health services	877-539-0463 <a href="https://wellkin.ca/programs-services/">https://wellkin.ca/programs-services/</a>
	Beavers, cubs and scouts - Dutton	Roy Buchanan 519-762-6800
	Beavers – West Lorne	Heather 519-768-1888
	Cubs and Scouts-West Lorne	Brenda 519-768-0014
	Girl Guides	519-762-5406
<b>Business</b>	Dutton Cooperative Child Care Centre (day care, summer camp)	519-762-2399
<b>Network/Tables</b>		

## Youth

Type	Name	Contact
<b>WECHC</b>	West Elgin Community Health Centre Youth Advisory	x 2314
<b>Co-located Service</b>	Optimist & WECHC Teen Cooking Classes	519-768-1715 x 2314
<b>Community</b>	4H Club - Gayle Bogart	519-764-2219
	West Elgin Army Cadets (legion)	519 785-2111
<b>Public/Institutional</b>	After School Programs @ the Local Libraries	Dutton – 519 -762-2780 West Lorne- 519-768-1150 Rodney – 519-785-2100
	Dutton Dunwich youth Advisory – does not wish to share info at this time; in early stage of development, Dec. 11 2018	



	WELLKIN- Child and youth mental health services	877-539-0463 <a href="https://wellkin.ca/programs-services/">https://wellkin.ca/programs-services/</a>
<b>Business</b>		
<b>Network/Tables</b>		

## Seniors

Type	Name	Contact
<b>WECHC</b>	Walk N Dine SMART exercise Home Support Exercise Meals On Wheels, Soups On Friendly Visiting	x 2210 or 2319
	Seniors Luncheons	x 2319 or 2210
<b>Co-located Service</b>		
<b>Community</b>		
	Carpet Bowlers	Barb Bijker 519 785-0866
	Dutton Senior Centre	519-762-2364
	Rodney Community Centre : SMART exercise class Walking Program Senior Shuffle boarders	519-785-2323 519-785-2149 Adam Hrabinski- 519 785-2184
<b>Public/Institutional</b>	Adult Day Program – Bobier Villa (applications processed through Home and Community Care)	519-631-9907
<b>Business</b>		
<b>Network/Tables</b>	Elder Abuse Elgin	Bonnie Rowe, Chair 519-639-5415

## Spiritual

Type	Name	Contact
<b>WECHC</b>		
<b>Co-located Service</b>		
<b>Community</b>	Dutton Baptist	226-212-0692
	West Lorne Baptist	519-768-3248
	Grace Anglican	Rev Cannon Nick Wells 519 762-2617
	St.Peters Anglican Tryconnell	519-762-1112
	Duff Presbyterian - Largie	Paul McWilliam 519-762-2690 or 519 709-2483
	Knox-St.Andrews Presbyterian	519 762-0040

	Argyle Presbyterian - Crinan	Alan Carroll – 519-768-2759
	St.Mary's Catholic	519 768-1813
	St.Helen's Catholic	519 762-2242
	West Lorne United	519 768-1861
	Grace Evangelical Lutheran	519 768-1398
	Living Waters Pentecostal, Eagle	Joe Mezenburg 519 768-2905
	Serbian Orthodox Church, Eagle	Alex Perovich 519 851-6619
	Iona Christian Fellowship	Brian Barry – 519-762-3942
	Calvary United Church, Rodney	519-785-0861
	Dutton United Church	519-762-3821
<b>Public/Institutional</b>		
<b>Business</b>		
<b>Network/Tables</b>		

## Supports

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### Clothing

Type	Name	Contact
<b>WEHC</b>		
<b>Co-located Service</b>		
<b>Community</b>	Lending Closet	Sherry VanRaes 519 785-2039 vansherry7@outlook.com
<b>Public/Institutional</b>	Clothing Exchange – WESS students	519-768-1350
<b>Business</b>	Dutton Casual Corner	519-762-0615
	Corner Consignments	519-476-8009
	Added Touch, Eagle	addedtouch.ca 1.888.238.6824
<b>Network/Tables</b>		

### Employment

Type	Name	Contact
<b>WEHC</b>		
<b>Co-located Service</b>		
<b>Community</b>		

Type	Name	Contact
Public/Institutional	West Elgin Support Services (employment workshops)	519-768-0020
Business		
Network/Tables		

## Housing

Type	Name	Contact
WECHC		
Co-located Service		
Community	Canadian Mental Health Association - Housing	519-633-1781 <a href="http://www.cmhaelgin.ca/housing/">http://www.cmhaelgin.ca/housing/</a>
Public/Institutional	Inn out of the cold, St Thomas	519-207-5707
	Youth Homelessness,	YWCA 519-631-9800
Business		
Network/Tables	St. Thomas Housing Corporation	519-631-9350

## Food

Type	Name	Contact
WECHC	WECHC Community Garden	519-785-1715 ext 2224
	Seniors Luncheons	x 2319
	Meals On Wheels, Soups On	x 2210
Co-located Service	Good Food Box	519-768-1715 x 2224
Community	Lions Club Breakfast - Monthly	Diane Purcell 519 762-3341
Public/Institutional	West Elgin Daffodil Auxiliary	519-762-5757
	Rodney Caring Cupboard	519-785-2026
Business		
Network/Tables	Ontario Student Nutrition Program Elgin	Charlotte McDonald 519-207-1040

## Income Supports

Type	Name	Contact
WECHC		
Co-located Service		
Community		
Public/Institutional	Ontario Works	1-800-265-4362

Type	Name	Contact
		519-631-9350
<b>Business</b>		
<b>Network/Tables</b>	St. Thomas Housing Corporation	519-631-9350

## Advocacy

Type	Name	Contact
<b>WECHC</b>	Youth Advisory Committee	x 2314
	System Navigation	x 2203
<b>Co-located Service</b>		
<b>Community</b>	Dutton Dunwich Rec Advisory Committee	519-762-2204
<b>Public/Institutional</b>		
<b>Business</b>		
<b>Network/Tables</b>		

## Outreach

Type	Name	Contact
<b>WECHC</b>	Systems Navigation (assistance with referrals to programs, services, community support, forms/applications, etc)	x 2203
	Assisted Living Program	x 2316
<b>Co-located Service</b>		
<b>Community</b>	Dutton & District Lions Club (Gift of Sight, programs, grants, etc)	Diane Purcell 519 762-3341
	Rodney Kiwanis Club (community assistance)	Ron Downie 519 785-0241
	Rodney Lions Club	519 785-0879 Corrie Monaghan
<b>Public/Institutional</b>	Masonic Groups: Cameron Lodge West Elgin Lodge	519-768-1798 <a href="mailto:Cameronlodge232@gmail.com">Cameronlodge232@gmail.com</a> <a href="mailto:Westelgin386@gmail.com">Westelgin386@gmail.com</a>
<b>Business</b>	Nourishing Hearts Wellness Care Farm (counselling, respite, animal therapy)	Julie Casey 519-859-1574
	The Stable Grounds	First Responders with PTSD 905-717-5921
<b>Network/Tables</b>	Service Canada Outreach Site - West Lorne Support Services building	1-800-622-6232
	Informal Community Member (assistance with household tasks)	Matt Smith 519-872-8263

# Space and Structures

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## Activity & Meeting Space

Type	Name	Contact
<b>WECHC</b>	West Elgin Community Health Centre	519-768-1715 x 2236
<b>Co-located Service</b>		
<b>Community</b>		
<b>Public/Institutional</b>	West Elgin Support Services Building - Community Room	519-768-0020
	Rodney Recreation Centre	519-785-0291
	Dutton Community Centre and/or Wallacetown Hall	519-762-3209
	Eagle Community Centre	Janet Given 519-768-2698
	Crinan Community Centre	Rob Tait 519-318-2773
	Heritage Homes Community Hub	519-768-3474
	Royal Canadian Legion (West Lorne) Branch 221	519-768-1890 M-Sat 2:30pm-7pm
	Royal Canadian Legion (Rodney) Branch 525	519-785-2111
<b>Business</b>	Elgin International Club	Rick McFadden, 519-851-3900
<b>Network/Tables</b>		

## Transit

Type	Name	Contact
<b>WECHC</b>	WECHC Volunteer Drivers and/or Shuttle Service, West Elgin Transportation Network (24-48 hours notice required)	Shelly 519-768-1715 x 2210
<b>Co-located Service</b>		
<b>Community</b>	Four Counties Transit	519-693-8604 1-800-724-3401
<b>Public/Institutional</b>	Canadian Cancer Society – Wheels of Hope (72 hours notice required)	1-800-263-6750
<b>Business</b>	West Elgin Designated Drivers and Cab Services	519-768-3333
<b>Network/Tables</b>		

## Outdoor/green space

Type	Name	Contact
<b>WECHC</b>		
<b>Co-located Service</b>		

<b>Community</b>		
<b>Public/Institutional</b>	Joes Bush (Rodney)	21597 Silver Clay Line in Rodney
	Port Glasgow Marina	519-785-0189
	Tyrconnell Beach	
	Tanager Tract Trail	519-858-3442 <b>Thames Talbot Land Trust</b>
	EM Warwick Conservation Area	519-354-7310 26135 Warwick Line
	Buttermilk Bog trail, Dutton	
	Eagle Ponds	
	John E. Pearce Park: Spicer Trail Wetlands Storey Trail	519-874-4691 <u>29424 Lake View Line,</u> <u>Wallacetown</u>
	West Elgin Nature Reserve	24514 Downie Line, West Lorne
<b>Business</b>		
<b>Network/Tables</b>		