

Gender-based Violence Community Connector Guide

NIPISSING
COUNSELLING
SOLUTIONS

Welcome to the Community Connector Guide for Gender-based Violence. This guide will connect you with local community and Canada-wide resources that can assist with a wide variety of needs. Gender-based violence disproportionately affects women and girls, with more than 11 million in Canada having experienced violence at least once since age 15. (Government of Canada, 2025).

The hopes of this guide is to provide additional support and remind you that you are not alone in your journey. You are strong, you are important, and you are capable of making the change.

How to Use

The guide is separated into five separate sections including: immediate danger, crisis lines, shelter/housing, ongoing supports, and legal services. If you are needing assistance in one of these areas, visit the corresponding page and view the supports provided.



This symbol represents Indigenous-based services.

Gender-based Violence Community Connector Guide



Category	Resource	Contact	Hours	Service Description	When to Use
Immediate Danger (Emergency) 	911 (Police/Fire/ Ambulance)	911	24/7	Emergency response for immediate danger, violence, or life-threatening situations	CALL FIRST IF DANGER IS IMMEDIATE
	North Bay Police Service	705-472-1234	24/7	Law enforcement for non- emergency situations	Safety concerns in North Bay
	Ontario Provincial Police (OPP)	1-888-310-1122	24/7	Provincial law enforcement	Safety concerns outside of North Bay
	Anishinabek Police Service - Nipissing Detachment	705-472-0270	24/7	Law enforcement for Indigenous communities	Safety concerns for Nipissing First Nation and Wahnapiet First Nation
	North Bay Military Police	705-494-2011 ext. 2188	24/7	Police service on local military base	Safety concerns on Department of National Defence property

Gender-based Violence Community Connector Guide



Category	Resource	Contact	Hours	Service Description	When to Use
Crisis Lines 	Amelia Rising Sexual Violence Support Centre	705-476-3355	24/7	Crisis counselling and support for survivors of sexual and gender-based violence	Immediate emotional support, sexual violence
	Nipissing Transition House Crisis Line	705-476-2429	24/7	Crisis support, safety planning, and shelter intake for women experiencing violence	Crisis and shelter access
	Assaulted Women's Helpline	1-866-863-0511	24/7	Confidential crisis line offering safety planning and referrals	Not sure where to start
	Hope for Wellness	1-855-242-3310	24/7	Crisis counselling grounded in Indigenous culture	Indigenous individuals seeking culturally-relevant support
	Trans Lifeline	877-330-6366	24/7	Peer support for trans individuals in crisis	Identity-specific crisis support
	LGBT Youth Line (text)	647-694-4275	Sunday - Friday 4-9:30PM	Peer support for LGBTQ+ youth	Youth-specific support
	We Believe Survivors (text/chat)	613-544-6424	Monday - Sunday 12PM-12AM	Online/text-based support for survivors of sexual violence	Preference for text/chat support
	Sexual Assault/DV Treatment Centre (NBRHC)	705-474-8600 ext. 2350	24/7 via ER	Medical care, forensic exams, crisis intervention	Recent assault, medical attention

Gender-based Violence Community Connector Guide



Category	Resource	Contact	Hours	Service Description	When to Use
Shelter / Housing 	Nipissing Transition House	705-476-2429	24/7	Emergency shelter, safety planning, support for women fleeing violence	Need immediate safe housing
	Ojibway Women's Lodge	705-472-3321	24/7	Shelter and culturally-appropriate support for Indigenous women	Indigenous-focused shelter in North Bay
	Horizon Women's Centre (Sturgeon Falls)	705-753-1154	24/7	Emergency shelter and support services	Women and children's shelter
	Mattawa Women's Resource Centre	705-744-5567	24/7	Shelter and support for women in Mattawa area	Need for shelter and general support
	Crisis Centre	705-474-1031	24/7	Emergency shelter for all genders	Short-term stay

Gender-based Violence Community Connector Guide



Category	Resource	Contact	Hours	Service Description	When to Use
Ongoing Supports	Crisis Intervention (North Bay)	705-495-8198	24/7	Mental health crisis response and stabilization	Mental health crisis
	Community Counselling Centre of Nipissing	705-472-6515 info@cccnip.com	Monday - Friday 8:30AM-4:30PM 8:30AM-8PM on Tuesdays and Thursdays	Publicly-funded counselling and therapy services	Non-immediate longer-term emotional support
	Amelia Rising Sexual Violence Support Centre	705-840-2403 info@ameliarising.ca	Monday - Friday 8:30AM-4:30PM *Closed 12-1pm	Trauma informed counselling sessions for individuals, caregivers, and groups	Longer-term emotional support
	Victim Services Nipissing District	705-472-2649	24/7 (on-call)	Crisis response, system navigation, court support, referrals, therapy access	After an incident; system navigation *No police report required

Gender-based Violence Community Connector Guide



Category	Resource	Contact	Hours	Service Description	When to Use
Legal Services	Family Court Support Worker North Bay	705-358-9117 fcsw@ccnorthbay.ca	Monday, Wednesday & Friday 8:30AM-4:30PM	Free help for survivors of domestic violence involved in family court system	Navigating family court process
	Legal Aid Ontario North Bay Office	705-497-1184 Toll-free: 1-866-641-8867	Monday - Friday 8:30AM-4:30PM	Free/low-cost legal representation for eligible clients	Ongoing legal cases
	Nipissing Community Legal Clinic	705-476-6603	Monday - Friday 9AM-4PM *Closed 12-1PM	Legal help for low-income individuals	Housing, income, legal rights
	JusticeNet	416-479-0051 Toll-free: 1-866-919-3219 info@justicenet.ca	24/7	Reduced-fee lawyers for those not eligible for Legal Aid Ontario	Affordable legal representation
	Justice for Children and Youth	1-866-999-5329 general@jfcy.clcj.ca	Monday - Friday 9AM-5PM *Closed 12-1PM and Wednesdays	Legal services for persons under 25 years old	Youth-specific legal issues