

**My Sisters' Place is part of a community support network; our partners include:**

- Addiction Services of Thames Valley
- AIDS Committee of London
- At^lohsa Native Family Healing Services Inc.
- Elgin Middlesex Detention Centre
- London Abused Women's Centre
- London Mental Health Crisis Service
- London-Middlesex Branch of the Canadian Mental Health Association
- London Police Service (*persons at risk*)
- London Public Library
- Middlesex-London Health Unit
- Mission Services of London
- Ontario Works London
- Salvation Army
- Sexual Assault Centre of London
- Southwest Ontario Aboriginal Health Access Centre
- Thames Valley Midwives
- Unity Project
- Youth Opportunities Unlimited
- Women's Community House

My Sisters' Place is a program of WOTCH  
Community Mental Health Services



**My Sisters' Place**  
**566 Dundas Street**  
**London, ON N6B 1W8**  
519-679-9570  
Toll Free: 1-877-859-0352  
Fax: 1-866-210-1917  
Email: [info@wotch.on.ca](mailto:info@wotch.on.ca)

**We are open:**  
**Monday to Friday**  
**10:00 a.m.- 3:00 p.m.**

**Lunch served daily:**  
**12:00 noon - 1:00 p.m.**

Funding for My Sisters' Place is provided  
by **London CAREs**, through the Corporation of the  
City of London and the United Way of London & Middlesex.

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London Lawyers Feed the Hungry  
Douglas Utting Foundation  
Individual and corporate donors



## MY SISTERS' PLACE

A London CAREs safe haven  
for women who are homeless  
or at risk of homelessness.



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# A SAFE AND WELCOMING SPACE FOR WOMEN

## MY SISTERS' PLACE

A safe day-time space for women who are street involved, homeless, or at risk of homelessness.

A place where women can feel safe, find supports, participate in programs, connect with each other, and connect with other community agencies.

## OUR SUPPORTS INCLUDE:

- Transitional support
- Case management
- Outreach to street-involved women and Native women
- Partnerships and on-site support from community agencies
- Food & nutrition supports
- Peer support
- Micro Enterprise skill development
- Volunteers

## We provide the following services:

- Hot, home-made lunches
- Showers and laundry
- Day beds
- Support groups and counseling
- Programs, including Native awareness, anger management, sewing/quilting, knitting, yoga/relaxation, gardening, newsletter, peer support, art therapy
- Foot-care clinics
- Telephone and computers
- Personal care provided by volunteers
- Basic hygiene products
- Clothing vouchers
- Outreach to vulnerable populations
- Native women's outreach



*"My Sisters' Place is a better alternative to the streets.*

*I can rest here. "* MSP participant

## TRANSITIONAL SUPPORT STAFF CAN HELP YOU WITH:

- Support and advocacy
- Referrals to addiction and mental health services, and other community supports
- Help with finding shelter, housing, and meeting basic needs
- Safety planning
- Information and resources for safe, positive, and healthy choices

## CASE MANAGERS CAN HELP YOU WITH:

- Self-care and daily living skills
- Finding and keeping housing
- Learning about health, medications and diagnosis
- Accessing medical care
- Support through crisis
- Improving quality of life
- Ongoing support and advocacy
- Connecting with other supports and services