

STREET SURVIVAL

GUIDE







Greater Moncton Area

2017 • 2025



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The aim of the Street Survival Guide

is to support those experiencing homelessness by reducing barriers to accessing services in their community.



ABOUT



The Street Survival Guide for the Greater Moncton Area is intended to be a complete resource for individuals who are at risk or are experiencing homelessness in Moncton. The aim of this resource is to support those experiencing homelessness by reducing barriers to accessing services in their community. This Street Survival Guide was created by Nursing students from the University of New Brunswick, in partnership with the Greater Moncton Homelessness Steering Committee. The students completed the guide while doing a placement at Harvest House Atlantic in Spring of 2017.

In 2025 a volunteer of The Humanity Project undertook to update the resources.

The information contained in this booklet is for general information purposes only. The information was gathered by the University of New Brunswick Faculty of Nursing who took reasonable measures to ensure that the information presented is up-to-date and correct as of the date of printing.



The University of New Brunswick makes no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the products, services or website information of the organizations listed in this booklet. Any reliance you place on such information is therefore strictly at your own risk.



211

Phone	211
Hours	24 hours
Services	Non-emergency phone number that provides quick access to information and referral to community, social, health and government services

How to Apply for Social Assistance

Social assistance is given to people who need income to meet their basic needs of food, clothing and shelter.

Phone	1-866-426-5191
Address	Assumption Place, 770 Main Street, Moncton
Hours	Monday-Friday: 8:15am-4:30pm

You must provide your:

- Name
- Date of birth
- Social insurance number (SIN)
- Medicare number
- An address
- Monthly expenses (rent, utilities, etc)

A shelter is an acceptable address to apply for assistance. Applicants can always call Social Development and ask for guidance on accommodations that will match eligibility. A completed Residence Confirmation is not required for the application over the phone but will be required for the face to face follow up appointment.

How to Access Food Banks

To register for your first time visiting a food bank, please bring:

- Medicare card for everyone in your household
- Identification with proof of address
- Proof of monthly income (pay stub, bank statement, etc.)
- Proof of monthly expenses (rent, heat, electricity, water, phone bill, car payment, etc.)

Once you register, you will schedule a meeting for your next visit. During each meeting, you will meet a staff member to review your situation. You can receive items such as: bread, sweets, fruits and vegetables, and hygiene items. Staff will talk to you about your situation and need for food. Inform staff members of any allergies or diet requirements.

How to Apply for a Medicare Card

For help with application, contact ReConnect (YMCA)

Phone	1-888-762-8600
Address	Dieppe location 200 Champlain Street, Dieppe Monday to Friday: 9am-5pm
Address	Moncton location 770 Main Street, Moncton Monday to Friday: 9am-5pm Saturday 9am-12pm

CRISIS AND HELPLINES



Addiction & Mental Health Mobile Crisis Team

Phone 1-866-771-7760
Hours Every day: 12pm-10pm
Address 81 Albert Street, Moncton
Services Team of mental health social workers.
Call if you are having a mental health crisis and need help.

Addiction & Mental Health Services

Phone 1-866-355-5550
Hours 24 hours
Services Call if you are having a mental health crisis and need help.

CHIMO Helpline

Phone 1-800-667-5005
Hours Every day: 24 hours
Services Help with any problem. Includes mental health issues (Thoughts of suicide, emotional stress, loneliness)

Human Trafficking Hotline

Phone 1-833-900-1010
Hours Open 24/7
Services The Canadian Human Trafficking Hotline is a confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receive tips from the public.

Kids Help Phone

Phone 1-800-668-6868
Hours 24 hours
Services Bilingual and confidential counselling for youth. Call if you want help with a problem.

Jade Center (South Eastern Sexual Assault Centre)

Phone 1-844-853-0811
Hours 24 hours
Services Confidential crisis counselling and services for those experiencing domestic violence or sexual assault.

FOR AN EMERGENCY, CALL

911

Tele-Care 811

Phone 811
Hours 24 hours
Services Free, confidential and bilingual health advice.



Alternative Residences Alternatives

Phone (506) 854-7229
 Address 1144 Amirault, Dieppe
 Hours Monday-Friday
 8:30am-4:30pm
 Services Provides housing and support for people with mental illness.
 Requirements Referral by social worker, clinician, for some housing, self-referral for others.

Bridge to Home Hub

Phone (506)-317-0388
 Address 473 St George Street
 Hours 24 hours
 Services Emergency Shelter free of charge for men and women.

Crossroads for Women

Phone 1-506-853-0811
 Hours 24 hours
 Services Provides an emergency shelter for women and children, 24/7 domestic violence & sexual assault crisis line, an onsite Crisis Resource Center, onsite South Eastern Sexual Assault Center. Outreach services are available free of charge. Provides Second Stage long term housing and support for victims of abuse and Blossom House which offers long term affordable housing and support for mental health and addictions.

Harvest House Atlantic

Phone (506) 388-4357
 Address 182 High Street, Moncton
 Hours Mon-Fri 9:00am – 8:00pm
 Services Emergency Shelter and Community Center, 9-month residential Addiction Recovery Program, and Step-up Housing Program. The shelter serves men, women, youth (16+) and families. Wheelchair accessible, pet friendly and have 24/7 intake. All are welcome!

Headstart

Phone (506) 858-8252
 Address 1111 Mountain Road, Moncton
 Hours Monday-Friday: 8am-4pm
 Services Offers 12 housing units for families involved in Headstart. Cooking and nutrition skills. Adult learning, CAEC help, and future Horizons Housing. Help find other resources. Help with getting a Medicare card. Help with employment.
 Requirements Referral from social development or a Public Health Nurse.

House of Nazareth

Phone (506) 858-5702
 Address 14 Clark Street, Moncton
 Hours 24 hours
 Services Short-term and emergency shelter for men, women and families. Counselling offered. You must be alcohol and substance free. For people 16 years and old
 Requirement: Register at Bridge to Home Hub

John Howard Society

Phone (506) 854-3499
Address 15 Flanders Court, Moncton Hours
Monday-Friday: 8:30am-4pm
Closed 12pm-1pm for lunch
Services Offers transitional housing for men. Support and guidance for people with a criminal record, and/or addictions or mental health issues, to find housing, secure employment, complete academic upgrading, CAEC Program, and access resources they need to achieve their goals.
Requirements Call to make an appointment for the CAEC program.

Public Housing (Social Development) NB Housing

Phone 1-866-426-5191
Address Service NB Moncton: 770 Main Street
Service NB Dieppe: 200 Champlain St
Hours Monday-Friday: 8:15am-4:30pm
Services Provides low-income individuals with solutions for housing.

Rising Tide Community Initiatives

Phone 506-854-2104
Services Make safe, affordable and adequate housing available for people living on low income

St. James Court Incorporated

Services 13 town houses available for low income, single parent families. Housing applications available through the department of Social Development and online at www.debbiemelansonhebert.com.

Shelter Movers New Brunswick

Phone 1-855-203-6252
Hours Anytime
Services Provides free moving and storage services to survivors of abuse.
Requirements: Operate by referral. Clients may be referred by any person of authority or public agency. Clients must confirm they have / are experiencing abuse

Temporary Winter Shelter

Phone (506) 860-2295
Address 55 Mark Ave
Hours 24hrs
Services Emergency Shelter free of charge for men and women in need.

Youth Impact Jeunesse

Phone (506) 869-6333
Address 536 Mountain Road, Moncton
Hours Monday-Friday 8:30am-4:30pm
Services Provide guidance to youth aged 10-24 years of age with social, emotional, and behavioral problems. They also offer group residences and housing support to youths.

YWCA Moncton

Phone (506) 855-4349
Address 135 Kendra Street, Moncton
Hours Monday-Friday: 9am-4:15pm
Services Integrated services for families.
Essentials: Housing (housing first, transitional housing, young mothers), transportation, food, clothing, childcare (daycare services, 0-5 years old - \$\$)
Wellness: Peer-support, personal development, resource navigation, eating disorders & addictions supports
Education and Skill Development: CAEC Preparation, Life skills, financial and food literacy, employability; Leadership & Civic Engagement.



Birthright

Phone (506) 382-2227 or 1-800-550-4900
 Address 236 St. George Street, Suite 107, Moncton
 Hours Monday-Thursday: 10am-12pm and 1pm-2pm
 Services Free pregnancy tests, support, and counselling.

Early Childhood Family Resource Centre of Westmorland-Albert

Phone (506) 384-7874
 Address 86 St. Therese Street, Dieppe
 Hours Monday-Friday 8:30am-4:30pm

 Address Outreach Centre
 404 Cleveland Avenue, Riverview
 (St Paul’s United Church)
 Hours Thursday: 9:30am-11:30am
 Services Bilingual child education. Activities to assist parents. Mental health classes for mothers. Clothing swaps and diapers.
 Requirements Register for programs.

Moncton Headstart Inc.

Phone (506) 858-8252
 Address 1111 Mountain Road, Moncton
 Hours Monday - Friday: 8am-4pm
 Services Moncton Headstart inc. is an early family intervention centre, offering a Children’s and Parents’ Program, to help children and families realize their full potential.

Programs and services:

- Cooking classes and a “Fresh for Less” program (a bulk fruit and vegetable program) are offered by Mapleton Teaching Kitchen to help enhance food security.
- A unique and supportive housing program is offered by Future Horizons Housing Inc.
- Teaching and upgrading literacy skills are offered by South East Regional Adult Learning.

Outreach programs: School Supplies, Coats for Kids, Christmas Toyland and Tooth Fairy program are available for financially struggling families in the Greater Moncton Area.

Requirements Please call (506) 858-8252 to inquire regarding the referral process.

Pregnancy & Wellness Centre of Moncton

Phone (506) 857-3033
 Address 27 John Street, Moncton
 Hours Monday-Thursday: 8:45am-3:45pm
 Services Prenatal and parenting education provided until a child turns 2 years old. Material supplies available, as needed, until the child turns 3 years old. STI testing, pregnancy testing, and options support. Men and women of all ages welcome.
 Requirements Registration (ID and Medicare card only necessary for STI testing and medical confirmation of pregnancy).

Prenatal Benefit Program – Social Development

Phone 1-866-426-5191
 Address 770 Main Street, Moncton (5th Floor)
 Hours Monday-Friday: 8:15am-4:30pm
Closed 12-1pm for lunch
 Services Financial aid for expecting and new mothers.
 Requirements Must be a NB resident. Provide proof of pregnancy. Must have a monthly income of \$2500 or less.

What Kids Need Moncton

Phone (506) 874-8004
 Address 449 St. George Street, Moncton
 Hours Call for hours
 Services Drop-in centre for used clothing, free family events, baby baskets (through social workers at Moncton City Hospital and George Dumont), diapers and formula, tutoring, lending parenting books, special occasion drives for Christmas toys, school supplies, snowsuits, etc. Operates “Feed the Community” in partnership with the Humanity Project.



- **Harvest House Atlantic**

Phone (506) 388-4357
 Shelter number (506) 388-4357
 Address 182 High Street, Moncton
 Hours Lunch: Third Saturday of each month
 Supper: Monday-Saturday, 5pm Sunday,
 4:30pm
 Services Shelter, clothing, laundry, socialize with others,
 and volunteering.

- **Albert County Food Bank**

Phone (506) 386-7824
 Address 50 Runnymede Road, Riverview Hours
 Tuesday: 1pm-4pm
 Wednesday: 10am-1pm
 Services Offer free groceries once every month.
 Requirements See page 19

- **The Peter McKee Community Food Centre**

Phone (506) 383-4281
 Address 475 St. George Boulevard, Moncton Hours
 Monday-Friday: 9:00am-3pm
 Wednesday: 5pm-7pm
 Services Food orders available once or twice a month based
 on a completed financial review.
 Requirements See page 4

- **Second Mile Food Bank**

Phone (506) 857-9121
 Address 243 Lewisville Road, Moncton Hours
 Monday-Wednesday: 10am-11:45am
 Excluding the first 7 days of the month Services
 Free groceries once every month.
 Requirements See page 19

- **Mountain View United Church**

Phone (506) 857-4817
 Address 85 MacBeath Avenue, Moncton
 Hours Last Sunday of each month, 3pm-4pm
 Services Serve a community meal on the last Sunday
 of each month
**Served at St George's Anglican Church
 51 Church St**

- **The Humanity Project**

Phone (506) 382-6480
 Address 449 St. George Street, Moncton
 Hours Monday-Friday: 4:30pm-6pm
 Saturday-Sunday: 11:30am-1pm
 Services Assists those living in poverty with daily meals. Call to
 arrange emergency food boxes

- **Ray of Hope**

Phone (506) 857-4224
 Address 340 Dominion Street, Moncton Hours
 Monday-Friday: 9am-12pm
Coffee: 9am
Soup: 10:30am-11am Lunch: 11am-
12pm
 Services Provides a space for socialization.

- **Karing Kitchen**

Phone (506) 854-3837
 Address 75 Alma Street, Moncton
 (In basement of St. Johns United Church)
 Hours Monday-Friday: 10am-1pm
Lunch: 11am-1pm
 Services Bread usually available to take home. Some used
 clothing is available at no cost.

- **St. George's Anglican Church Community Dinner**

Phone (506) 855-5209
Address 51 Church Street, Moncton
Hours Breakfast: 9am-10am
on the third and fourth Saturday of every month
Supper at 4pm *the second Sunday of every month*

The Gathering Place (Breakfast Program)
Monday-Friday: 9am-10am

Services Provides a wide range of programs, services and assistance to vulnerable children, individuals and families. These services include, but are not limited to a breakfast program, emergency food, and Laundry Service. Vouchers are available for Clothing, Furniture and Household Items. Other programs include Income Tax, Christmas Aid, School Supplies, Kids to Camp, Summer outreach, and pastoral care.

- **House of Nazareth**

Phone (506) 858-5702
Address 14 Clark Street, Moncton
Hours Mon-Fri 4pm Sat after 15th of month at 5:30
Services Short-term and emergency shelter for men, women and families. Counselling offered. You must be alcohol and substance free. For people 16 years and older.

- **Salvation Army Family & Community Services**

Phone (506) 389-9901
Address 32 King Street, Moncton
Phone inquiries Monday-Friday: 9am-4pm
Walk-ins Monday: 10am-12pm



MEAL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> • Harvest House Atlantic 7am • Ray of Hope (coffee) 9am • Salvation Army Family & Community Services 9am-10am 	<ul style="list-style-type: none"> • Harvest House Atlantic 7am • Ray of Hope (coffee) 9am • Salvation Army Family & Community Services 9am-10am 	<ul style="list-style-type: none"> • Harvest House Atlantic 7am • Ray of Hope (coffee) 9am • Salvation Army Family & Community Services 9am-10am 	<ul style="list-style-type: none"> • Harvest House Atlantic 7am • Ray of Hope (coffee) 9am • Salvation Army Family & Community Services 9am-10am 	<ul style="list-style-type: none"> • Harvest House Atlantic 7am • Ray of Hope (coffee) 9am • Salvation Army Family & Community Services 9am-10am 	<ul style="list-style-type: none"> • Harvest House Atlantic 8am • St. George's Anglican Church <i>3rd and 4th Saturday of each month</i> 9am-10am 	<ul style="list-style-type: none"> • Harvest House Atlantic 8am
LUNCH	<ul style="list-style-type: none"> • Ray of Hope 10:30am-12pm • Karing Kitchen 11am-1pm 	<ul style="list-style-type: none"> • Ray of Hope 10:30am-12pm • Karing Kitchen 11am-1pm 	<ul style="list-style-type: none"> • Ray of Hope 10:30am-12pm • Karing Kitchen 11am-1pm 	<ul style="list-style-type: none"> • Ray of Hope 10:30am-12pm • Karing Kitchen 11am-1pm 	<ul style="list-style-type: none"> • Ray of Hope 10:30am-12pm • Karing Kitchen 11am-1pm 	<ul style="list-style-type: none"> • Harvest House Atlantic <i>3rd Saturday of each month</i> 11am-12pm • Humanity Project 11:30am 	<ul style="list-style-type: none"> • Harvest House Atlantic 12pm • Humanity Project 11:30am
SUPPER	<ul style="list-style-type: none"> • House of Nazareth 4pm • Humanity Project 4:30pm • Harvest House Atlantic 5pm 	<ul style="list-style-type: none"> • House of Nazareth 4pm • Humanity Project 4:30pm • Harvest House Atlantic 5pm 	<ul style="list-style-type: none"> • House of Nazareth 4pm • Humanity Project 4:30pm • Harvest House Atlantic 5pm 	<ul style="list-style-type: none"> • House of Nazareth 4pm • Humanity Project 4:30pm • Harvest House Atlantic 5pm 	<ul style="list-style-type: none"> • House of Nazareth 4pm • Humanity Project 4:30pm • Harvest House Atlantic 5pm 	<ul style="list-style-type: none"> • Harvest House Atlantic 5pm • House of Nazareth <i>After the 15th of each month</i> 5:30pm 	<ul style="list-style-type: none"> • Mountain View United Church <i>Last Sunday of each month</i> 3pm • St. George's Anglican Church <i>2nd Sunday of each month</i> 4pm • Harvest House Atlantic 4:3



Alcoholics Anonymous

Phone (506) 382-5087
 Address Various locations (call for more info.)
 Hours Various meeting times
 Services Support groups for people with alcohol addiction. Call for more information

Al-Anon

Phone (506) 388-7010
 Address Various locations
 Hours Various meeting times
 Services Everyone is welcome at the meetings. They provide support for family and friends of alcoholics. You need to call or email if you want information. Let them know if you need French or English services.
 Requirements Must call or email for information. A representative will contact you.

Atlantic Wellness Community Center

Phone (506) 382-0298
 Address 50 King St, Moncton
 Hours Monday-Friday: 9:0am-5:00 pm
 Services Free Mental health support for people 12-21 years old. Help with using other community services.
 Requirements If under 16, permission from an adult needed. If 16 years or older, you can call or email at info@atlanticwellness.org.

Canadian Mental Health Association

Phone (506) 859-8114
 Address 235 Lutz St
 Services Support for families, friends, peers in recovery and other programs to support mental illness

Celebrate Recovery Group

Tidal Church (Moncton Wesleyan)
 Phone (506) 857-2293
 Address 945 St George Blvd, Moncton
 Hours Tues 6:30pm
 Services A 12-step recovery program for addictions

Coalition Against Abuse in Relationships

Phone (506) 855-7222
 Hours Monday-Friday: 8am-4:30pm
 Services Free services for victims of abuse in relationships. Crisis intervention. Help people connect to other services.

Community of Hope NB

Phone (506) 874-4333
 Hours Will respond within 12hours
 Services To provide resources that can help sexually exploited youths to leave and recover from a life of forced sexual services.

Crossroads for Women

Phone (506) 853-0811
 Hours 24/7 hours
 Services Provides an emergency shelter for women and children, 24/7 domestic violence & sexual assault crisis line, an onsite Crisis Resource Center, onsite South Eastern Sexual Assault Center. Outreach services are available free of charge. We have a Second Stage long term housing and support for victims of abuse and Blossom House which offers long-term affordable housing and support for mental health and addictions.

Flexible Assertive Community Treatment (F.A.C.T.)

Phone 506-856-2444
Address 81 Albert St., Moncton, N.B.
Hours: Monday to Friday, 8:30am-4:30pm
Services Provides care to people with serious mental illness who are currently residing in the community.
Requirement F.A.C.T. clients have severe and persistent mental illnesses with many limitations in their overall functioning.

Ensemble

Phone (506) 859-9616
Address 80 Weldon Street, Moncton
Hours Monday-Friday 8:30am-10:00pm
Saturday, Sunday, Holidays 10am-5pm
Services Attempts to minimize the harms and risks associated with drug use. Help improve the quality of life for persons infected and affected by HIV/AIDS and help reduce the spread of HIV and other STIs.
Drug analysis.
Walk in health clinic for clientele and Support for mental health and addictions (call for hours)
Advocate to help navigate available resources.
Requirements If under 16, permission from an adult needed. If 16 years or older, you can call or email at info@atlanticwellness.org.

Gambling Help Line

Phone 1-800-461-1234
Hours 24 hours
Services Information on gambling addiction

Government of New Brunswick, Healthy Smiles Clear Vision

Phone 1-855 839-9229 or (506) 867-6026
Address 644 Main Street, Moncton
Services Coverage for dental and vision care. To apply, applications may be picked up at Service New Brunswick centres and regional offices of the Department of Social Development.
Requirements Must live in New Brunswick. Children must be 18 years or younger. No coverage. Low income.

Harvest House Atlantic

Phone (506) 388-4357
Address 182 High Street, Moncton
Hours Lunch: Third Saturday of each month
Supper: Monday-Saturday, 5pm Sunday, 4:30pm
Services Emergency Shelter and Community Center, 9-month residential Addiction Recovery Program, and Step-up Housing Program.
The shelter serves men, women, youth (16+) and families. Wheelchair accessible, pet friendly and have 24/7 intake. Several on-site programs to help individuals move forward in their lives: certified CAEC program, daily (Mon- Fri) life-skills and biblical classes, formal and informal counseling services, and nutritious meals. Free Clothing Room open weekdays at 5 pm. All are welcome!

The Humanity Project

Phone (506) 382-6480
Address 449 St George ST, Moncton
Services Call for help with intake to recovery programs

Intensive Day Treatment Program

Phone (506) 869-6875
Address 1600 West Main St Suite 290
Hours Monday-Friday 9:00am-3:00pm
Services Addictions & Mental health services and support. 6 week program for substance abuse and gambling
Requirements Age 19 and up

The JOSH Project

Phone (506) 372-5020
Services Helps those experiencing homeless overcome their addictions and/or mental health challenges with the following services:

- Daily personal coaching
- Group and recreational activities
- On-site psychiatrist
- NA/AA Meetings
- Mental Health & Addiction classes
- Art & Music therapies
- Family Reunification
- Growing food
- Raising animals

Requirements Experiencing homelessness and/or addiction challenges you want to overcome

Moncton Detox Centre

Phone (506) 856-2333
Address 125 Mapleton Road, Moncton
Services Help with substance abuse and problematic gambling.
Call and ask to be placed on the waiting list.
No drop-ins accepted.
Requirements Must provide Medicare card, personal contact information. Must explain the type of substance addiction. Once a bed becomes available, the centre will contact you.

Narcotics Anonymous

Phone 1-888-436-2929
Address Several locations. Call for information.
Hours Several meeting times, usually 7pm.
Services Support for people with drug addictions.

Opiate Replacement Treatment Program

Phone (506) 869-6655
Address 125 Mapleton Rd
Hours Monday-Friday 8:30am-4:30pm
Services Addictions & Mental health services and support.

Salvus Clinic

Phone (506) 384-7283
Address 22 Church Street, Unit T190, Moncton
Hours Monday-Thursday: 9am-4pm
Closed 12pm-1pm for lunch
Friday: 9am-12pm
Services You can make a doctor's appointment at Salvus clinic with or without a Medicare card. They provide health and medical support. A diabetic nurse comes in once a month. Also, get testing for sexually transmitted infections (STI), blood work and immunizations. They also help provide clothing, coffee, snacks, and toothbrushes.
They have peer support housing and a recovery group. Help with getting a Medicare card.
A navigator will help connect you to other resources.
Requirements You are only able to access walk-in services if you are homeless or a client of the clinic.
Medicare card preferred but not required.

Vitalité Mental Health Centre

Phone (506) 862-4144
Address 81 Albert Street, Moncton (4th Floor)
Hours Monday-Friday 8:30am-4:30pm
Services Mental health services and support.

Youth QUEST

Phone (506) 869-6355
Address 199 St. George Street, Moncton
Hours Monday, Tuesday, & Friday: 12pm-5pm Wednesday & Thursday: 12pm-7pm Sunday: 12pm-4pm
Services For youth 16-24 years old. Offers help with education, finding employment and housing. Help with drug addictions and other health issues. Offers computer access, games, snacks, showers, laundry, clothing and food.

YWCA Moncton

Phone (506) 855-4349
Address 135 Kendra Street, Moncton
Hours Monday-Friday: 9am-4:15pm
Services Integrated services for families.
Wellness: Peer-support, personal development, resource navigation, eating disorders & addictions supports

MEDICAL WALK-IN CLINICS



A \$30 fee applies to Quebec Medicare card holders for most or all clinics.

Clinique Dépannage du Marais

Phone (506) 384-1110
Address 185 Acadie Avenue, Dieppe
Hours Monday-Thursday: 1pm-4pm & 5:30pm-8pm
Friday-Sunday: 1pm-4pm
Services Help with basic medical needs.
Requirements Medicare card. Call for an appointment

Ensemble

Phone (506) 859-9616
Address 80 Weldon Street, Moncton
Hours Monday-Friday 8:30am-10:00pm
Saturday, Sunday, Holidays 10am-5pm
Services Attempts to minimize the harms and risks associated with drug use.
Walk in health clinic for clientele and Support for mental health and addictions (call for hours)
Requirements If under 16, permission from an adult needed. If 16 years or older, you can call or email at info@atlanticwellness.org.

Main Street Family Medical Clinic

Phone (506) 854-8805 Ext. 1
Address 165 Main Street, Moncton (Superstore)
Hours Monday-Friday: 9am-9pm
Saturday: 9am-4pm
Sunday: 12pm-4pm
Services Help with basic medical needs.
Requirements Medicare card. Call for an appointment.

Dr. Georges-L.-Dumont University Hospital Centre

Phone (506) 862-4000
Address 330 Université Avenue, Moncton
Hours Emergency services 24 hours.
Services Healthcare and emergency services.

Moncton Hospital

Phone (506) 857-5111
Address 135 Macbeath Avenue, Moncton
Hours Emergency services 24 hours.
Services Healthcare and emergency services.

Mountain Road After Hours Clinic

Phone (506) 388-9355
Address 1789 Mountain Road, Moncton (Jean Coutu)
Hours Monday-Thursday: 6pm-9pm
Saturday-Sunday: 1pm-4pm
Services Help with basic medical needs.
Requirements Medicare card. Call for an appointment.
Walk-ins welcome.

eVisitNB

Address evisitNB.ca
Hours 8am-8pm 7 Days a week
Services Virtual clinic (phone, chat, text)
Requirements Medicare card

Salvus Clinic

Phone	(506) 384-7283
Address	22 Church Street, Unit T190, Moncton
Hours	Monday-Thursday: 9am-4pm <i>Closed 12pm-1pm for lunch</i> Friday: 9am-12pm
Services	You can make a doctor's appointment at Salvus clinic with or without a Medicare card. They provide health and medical support. A diabetic nurse comes in once a month. Also, get testing for sexually transmitted infections (STI), blood work and immunizations. They also help give clothing, coffee and snacks, and toothbrushes. They have peer support housing and a recovery group. Help with getting a Medicare card. A navigator will help connect you to other resources.
Requirements	You are only able to access walk-in services if you are homeless or a client of the clinic. Medicare card preferred but not required.

How to Apply for a Medicare Card

For help with application, contact ReConnect (YMCA)

Phone	1-888-762-8600
Address	Dieppe location 200 Champlain Street, Dieppe
Hours	Monday to Friday: 9am-5pm
Address	Moncton location 770 Main Street, Moncton
Hours	Monday to Friday: 9am-5pm Saturday 9am-12pm

What you will need to apply for a Medicare card (or to replace a lost or expired card)

Must fill out a Medicare Change Request, Replacement, and/or Renewal form. There is a \$10 fee for replacing a card. You can find the form online or visit Service New Brunswick to get the form and pay the fee. You will need to provide your name, address, Medicare number, and date of expiry. You also need to provide proof of identity and residency:

- Proof of Identity: You can provide a Birth Certificate, NB Driver's License, Passport, Student or Employee ID Card, other Provincial Health Card, or Canadian Native Status Card.
- Proof of Residence: You can provide a NB driver's license, vehicle registration, pay stub from an employer, utility bill, or a rental or lease agreement.

If you can, it is best to provide copies of these items, not the originals.

If you are new or returning to New Brunswick:

You must fill out the Application for Registration Form. You can find this form online or at Service New Brunswick. You will need to give your name, current address, a phone number, and details of why you were out of New Brunswick and why you are returning. Anyone 19 years and older must fill out this form.

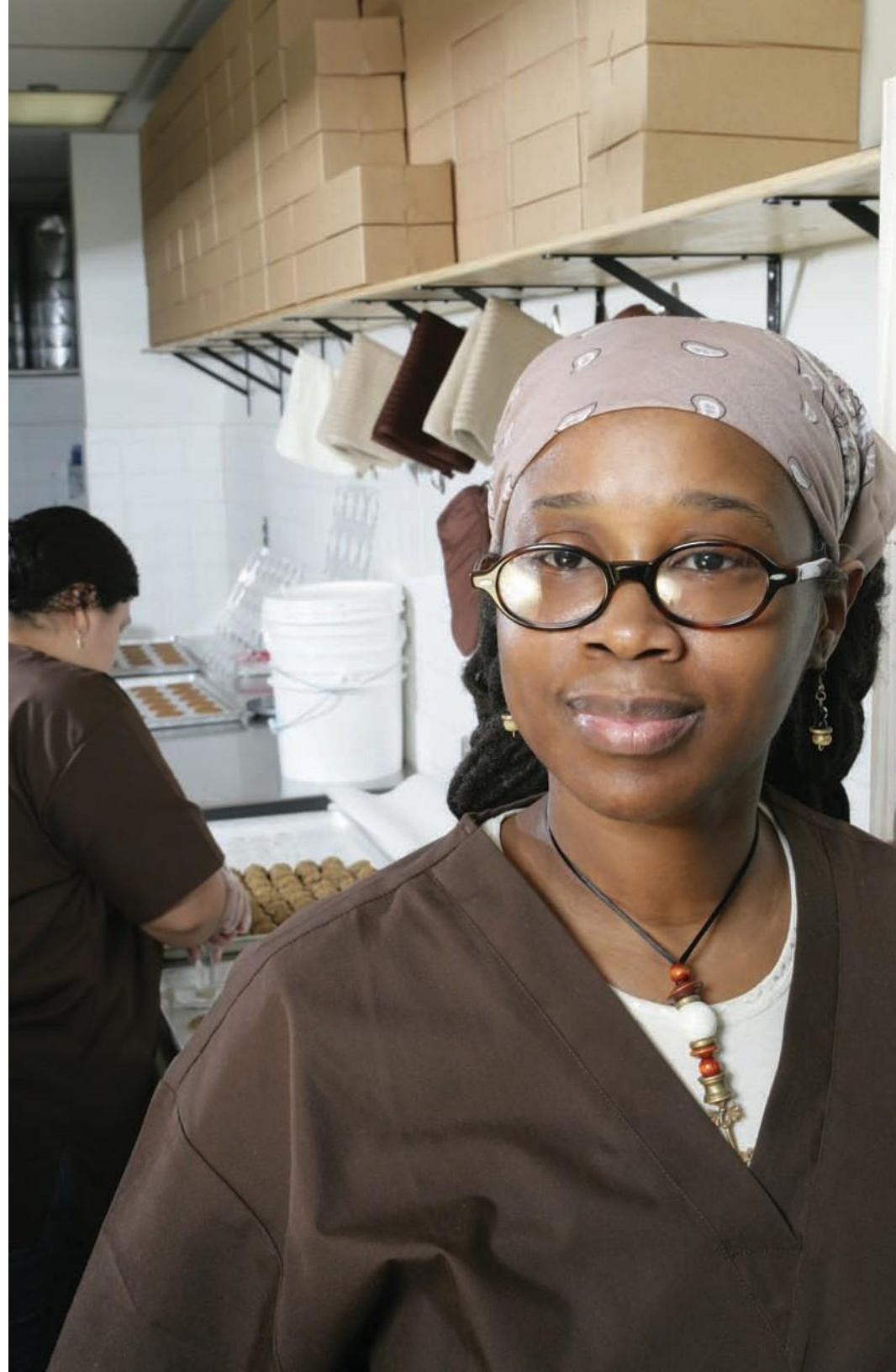
You will also need to provide proof of status, identity, and residence:

- Proof of status in Canada: If you are Canadian, you can provide a Birth Certificate, Passport, Canadian Citizenship Card or Certificate, or a Canadian Native Status Card. If you are not a Canadian citizen, you can provide a Permit or a Permanent Residence Card or Confirmation of Permanent Residence.
- Proof of Identity: You can provide a Birth Certificate, NB Driver's License, Passport, Student or Employee ID Card, other Provincial Health Card, Canadian Native Status Card.
- Proof of Residence: You can provide a NB Driver's License, Vehicle Registration, Pay Stub from an Employer, Utility Bill, or a Rental or Lease Agreement.

To register your newborn, contact 1-888-762-8600 or visit Service New Brunswick. You will need to provide:

- Full name of child
- Date of birth
- Gender
- Your Medicare number

Once you have finished filling out the forms, you can mail them to Service New Brunswick or deliver them in person. Don't be afraid to visit Service New Brunswick for help if needed. Once your forms are received, you or your child will receive a card in the mail.





Community Employment Agency

Phone (506) 858-3639
 Address 1222 Main Street, Moncton
 Services Help with employment. For people with a mental disability or brain injury.

Concept 2 Employment

Phone (506) 388-9675
 Address 236 St George Street, Moncton
 Hours Monday-Friday: 8am-5pm
 Services Help with resume writing and finding job listings.
 Requirements Submit resume online, by fax, or email. Sometimes a high school diploma and criminal record check are needed.

Department of Post-Secondary Education, Training, & Labour

Phone (506) 869-6944
 Address 200 Champlain Street, Suite 320, Dieppe
 Services Help finding jobs and training programs.
 Requirements Call for an assessment.

EmployAbility NOW

Phone (506) 854-3499
 Address 15 Flanders Court
 Services Resume support, career guidance, job searching, interview strategies, job retention support and more.

Ergon Inc Life Centre

Phone (506) 857-0014
 Address 145 Traynor St, Riverview
 Hours Mon-Fri 8:30am-4:30pm
 Services Support for participants in their recovery journey to identify individual goals and develop action plans. Help with employment needs, resume, job search, workplace integration and employment training.

Greater Moncton Literacy Council

Phone (506) 382-3303
 Address 96 Norwood Avenue, Suite 208, Moncton
 Hours Monday, Wednesday, Friday: 9am- 12pm.
 Services Helps adults improve their reading, writing, and math skills for free.

Green Trade (John Howard Society)

Phone (506) 854-3499 Ext. 207
 Address 15 Flanders Court, Moncton
 Services Casual and on-call employment for people who have a criminal record or have had difficulty entering the labour market.
 Requirements Positive attitude, willingness to learn new skills, physically able to do lawn mowing, snow clearing, painting.

South East Regional Adult Learning – Open Doors

Phone (506) 857-9912
 Address 96 Norwood Ave, Suite 312B, Moncton
 Hours Monday to Friday, closed on holidays
 8:30 AM – 4:15 PM
 Services Offers FREE classes for adults in English and French to prepare for the CAEC exams or to improve your reading, writing, math or computer skills.

Moncton Headstart Inc.

Phone (506) 858-8252
Address 1111 Mountain Road, Moncton
Hours Monday - Friday: 8am-4pm
Services Moncton Headstart inc. is an early family intervention centre, offering a Children’s and Parents’ Program, to help children and families realize their full potential.

Programs and services:

- Cooking classes and a “Fresh for Less” program (a bulk fruit and vegetable program) are offered by Mapleton Teaching Kitchen to help enhance food security.
- A unique and supportive housing program is offered by Future Horizons Housing Inc.
- Teaching and upgrading literacy skills are offered by South East Regional Adult Learning.
- Outreach programs: School Supplies, Coats for Kids, Christmas Toyland and Tooth Fairy program are available for financially struggling families in the Greater Moncton Area.

Requirements Please call (506) 858-8252 to inquire regarding the referral process.

Inclusion Advocacy SENB Inc. (formerly GMACL)

Phone (506) 857-8899
Address 108 High Street, Moncton
Hours Monday-Friday: 8am-4pm
Services Advocacy and support to people with developmental disabilities to access opportunities and appropriate support to live, learn, work, and participate in the community (develop/enhance education, employment, life and social skills).

John Howard Society

Phone (506) 854-3499
Address 15 Flanders Court, Moncton
Hours Monday-Friday: 8:30am-4pm
Closed 12pm-1pm for lunch
Services Offers transitional housing for men. Support and guidance for people with a criminal record, and/or addictions or mental health issues, to find housing, secure employment, complete academic upgrading, CAEC Program, and access resources they need to achieve their goals.
Requirements Call to make an appointment for the CAEC program.

ReConnect (YMCA)

Phone (506) 856-4362
Address 473 St George St. Moncton
Drop-In Hours Monday-Thursday: 12:30pm-3:30pm
Office Hours Monday-Friday: 8am-4:30pm (by appointment only)
Services Assistance with employment search, resume writing and referrals to other non-profit and government agencies for specific education and/or employment services.

Second Chance Workshop (ENVIROPLUS)

Phone (506) 853-7722
Address 315 Baig Boulevard, Moncton
Hours Monday-Friday: 9am-5pm
Saturday: 9am-3pm
Services Help with employment and skills. Assist with getting furniture and appliances at low prices.

Youth QUEST

Phone (506) 869-6355
Address 199 St. George Street, Moncton
Hours Monday, Tuesday, & Friday: 12pm-5pm
Wednesday & Thursday: 12pm-7pm
Sunday: 12pm-4pm
Services For youth 16-24 years old. Offers help with education, finding employment and housing. Help with drug addictions and other health issues. Offers computer access, games, snacks, showers, laundry, clothing and food.
Requirements Register at front desk.

YWCA Moncton

Phone (506) 855-4349
Address 135 Kendra Street, Moncton
Hours Monday-Friday: 9am-4:15pm
Services Integrated services for families.

Essentials: Housing (housing first, transitional housing, young mothers), transportation, food, clothing, childcare (daycare services 0-5 years old - \$\$)

Wellness: Peer-support, personal development, resource navigation, eating disorders & addictions supports

Education and Skill Development: CAEC Preparation, Life skills, financial and food literacy, employability; Leadership & Civic Engagement.





CLOTHING & HOME



Dayzee's Fashions

Phone (506) 853-9323
Address 106 St. George Street, Moncton
Hours Monday-Friday: 9am-5pm
Saturday: 9:30am-2pm
Services Men's, women's, and children's clothing. (\$\$)

Ergon Inc

Phone (506)857-0014
Address 145 Traynor St, Riverview
Hours Monday – Friday 9:00am - 4:30pm
Saturday 9:00am - 4:00pm
Services Gently used and new clothing in both adult and children's sizes. We offer heavily discounted prices.

Harvest House Atlantic

Phone (506) 388-4357
Address 182 High Street, Moncton
Hours Monday-Friday 5pm
Services The Free Clothing Room. All are welcome!

The Humanity Project

Phone (506) 382-6840
Address 449 St. George Street, Moncton
Hours Monday-Friday: 12:00 – 4:00pm
Services Assists those living in poverty with free adult clothing and toiletries.

St Vincent de Paul Society

Phone (506) 857-2088
Address 113 Norwood Ave
Hours Winter Mon, Wed, Fri 10:30 – 1:00
Summer Mon and Thu 10:30-1:00
Services Offers a clothing depot and flea market for those in need

The Salvation Army Thrift Store

Dieppe Location
Phone (506) 857-8477
Address 1127 Champlain Street, Dieppe
Hours Monday-Wednesday: 9am-7pm
Thursday-Friday: 9am-8pm
Saturday: 9am-6pm

Moncton Elmwood Location
Phone (506) 859-8305
Address 300 Elmwood Drive, Moncton
Hours Monday-Friday: 9am-9pm
Saturday: 9am-8pm

Moncton North Location
Phone (506) 855-8443
Address 1185 Mountain Road, Moncton
Hours Monday-Friday: 9am-9pm
Saturday: 9am-8pm

Services Second-hand clothing and household items. Furniture, electronics, toys, footwear, and books are also available at affordable pricing.

ReConnect (YMCA)

Phone (506) 856-4362
Address 281 St. George Street (behind Canada Post), Moncton
Drop-in Hours Monday-Thursday: 12:30pm-3:30pm
Office Hours Monday-Friday: 8am-4:30pm (by appointment only)
Services ReConnect provides short-term and long-term assistance through outreach to youth and adults who are homeless, at risk of being homeless, or living in poverty, all to increase their knowledge of available resources (i.e. food, clothing, shelter, education, employment, and counseling) and to provide support in accessing them.

Salvus Clinic

Phone (506) 384-7283
Address 22 Church Street, Unit T190, Moncton
Hours Monday-Thursday: 9am-4pm
Closed 12pm-1pm for lunch
Friday: 9am-12pm

Services You can make a doctor's appointment at Salvus clinic with or without a Medicare card. They provide health and medical support. A diabetic nurse comes in once a month. Also, get testing for sexually transmitted infections (STI), blood work and immunizations. They also help provide clothing, coffee and snacks, and toothbrushes. They have peer support housing and a recovery group. Help with getting a Medicare card. A navigator will help connect you to other resources.

Requirements You are only able to access walk-in services if you are homeless or a client of the clinic. Medicare card preferred but not required.

St. Vincent-de-Paul Mother Theresa's Group

Phone (506) 853-8191
Hours Call anytime and leave a message with your contact information. Someone will contact you.

Services Contact to arrange for a home needs assessment. After assessment, a representative will discuss your needs and the help you can get.

What Kids Need Moncton

Phone (506)874-8004
Address 449 St. George Street, Moncton
Hours Call for hours
Services Drop-in centre for used clothing, free family events, baby baskets (through social workers at Moncton City Hospital and George Dumont), diapers and formula, tutoring, lending parenting books, special occasion drives for Christmas toys, school supplies, snowsuits, etc. Operates "Feed the Community" in partnership with the Humanity Project.

Youth QUEST

Phone (506) 869-6355
Address 199 St. George Street, Moncton
Hours Monday, Tuesday, & Friday: 12pm-5pm
Wednesday & Thursday: 12pm-7pm
Sunday: 12pm-4pm
Services For youth 16-24 years old. Offers help with education, finding employment and housing. Help with drug addictions and other health issues. Offers computer access, games, snacks, showers, laundry, clothing and food.
Requirements Register at front desk.





Dieppe Public Library

Phone (506) 877-7945
Address 333 Acadie Avenue, Dieppe
Hours Tuesday, Friday, & Saturday 10am-5pm
Wednesday: 1pm-8pm
Thursday: 10am-8pm
Services Free WiFi access, computer use, and book borrowing.
Requirements Library card needed. To apply, must have valid ID and have proof of address.

Moncton Library

Phone (506) 869-6000
Address 644 Main Street, Moncton
Hours Monday, Thursday-Sunday: 10am-5pm
Tuesday & Wednesday: 10am-9pm
Services Free WiFi (WiFi-MONCTON), computer use and book borrowing.
Requirements Library card is needed to borrow books. ID and proof of address needed to get a library card. Name or ID is required to use computers.

ReConnect (YMCA)

Phone (506) 856-4362
Address 281 St. George Street, Moncton
Hours Monday-Thursday: 12:30pm-3:30pm
Services A multi-service centre that helps reconnect individuals to the community by referrals to various services, obtaining a Medicare card, finding employment, and connecting with rooming houses. Volunteer senior transportation provided, but you must make a reservation through ReConnect.

Riverview Public Library

Phone (506) 387-2108
Address 34 Honour House Court, Riverview
Hours Tuesday: 10am-8pm
Wednesday: 10am-5pm
Thursday: 1pm-8pm
Friday & Saturday: 10am-5pm
Services Free WiFi access, computer use and book borrowing.
Requirements ID with current address to access computers or to get a library card.

Youth QUEST

Phone (506) 869-6355
Address 199 St. George Street, Moncton
Hours Monday, Tuesday, & Friday: 12pm-5pm
Wednesday & Thursday: 12pm-7pm
Sunday: 12pm-4pm
Services For youth 16-24 years old. Offers help with education, finding employment and housing. Help with drug addictions and other health issues. Offers computer access, games, snacks, showers, laundry, clothing and food.





TRANSPORTATION



Air Cab

Phone (506) 857-2000
Address 44 Capitol Street, Moncton
Services Taxi service

Taxi Direct

Phone (506) 383-0075
Address 69 Gordon Street, Moncton
Services Taxi service

White Cab

Phone (506) 857-3000
Address 981 Main Street, Moncton
Services Taxi service

Urban/Rural Rides

Phone (506) 962-3073
Services Offer safe, affordable, and reliable transportation services (primarily for medical appointments and food bank access) to seniors and low-income families, particularly in areas where access to transportation is limited.

Monday – Friday: 8:30 am to 4:30 pm | Saturday – Sunday: Closed
Requirements Must first be registered as a client.

Codiac Transpo

Phone (506) 857-2008
Address 140 Millennium Boulevard, Moncton
Services Bus fares are \$3.00 per ride.
Seniors 65+ ride free on Wednesdays.
Free for children 5 years and under.
People with disabilities, wheelchairs, scooters, walkers or canes, and strollers can also use the bus.

HOW TO GET A BUS PASS

Single ride \$3.00
Seniors (65+) Free on Wednesdays
Children under 6 Free
Children 6-12 Free with U12 pass

Monthly passes (unlimited usage for that month)

\$71 for adults
\$56 for students and seniors

Punch Pass (used for 10 or 20 rides)

\$45 for 20 rides
\$28 for 10 rides

Group Day Pass (unlimited trips for the day)

\$18 for up to 5 people boarding together

Community Transit Pass Program available through partnering community agencies.

You can buy passes at:

- Codiac Transpo - 140 Millennium Blvd., Moncton, NB.
- Crandall University Bookstore, Stultz Hall, 333 Gorge Rd. Moncton, NB
- Dieppe Aquatic Centre
- Dieppe City Hall - 333 Acadie Ave., Dieppe, NB
- Jean Coutu Pharmacy - 123 Champlain Street, Dieppe, NB
- Jean Coutu Pharmacy - 600 Dieppe Blvd., Dieppe, NB
- Moncton City Hall - 655 Main Street, Moncton, NB
- Peoples Park Variety (The Rite Stop) 960 St. George Blvd. Moncton, NB
- Shoppers Drug Mart (Moncton, Riverview and Dieppe)
- Université de Moncton - Student Centre, Moncton, NB

HOW TO...



How to Apply for Social Assistance

Social assistance is given to people who need income to meet their basic needs of food, clothing and shelter.

Phone 1-866-426-5191
Address Assumption Place, 770 Main Street, Moncton
Hours Monday-Friday: 8:15am-4:30pm

You must provide your:

- Name
- Date of birth
- Social insurance number (SIN)
- Medicare number
- An address
- Monthly expenses (rent, utilities, etc)

A shelter is an acceptable address to apply for assistance. Applicants can always call Social Development and ask for guidance on accommodations that will match eligibility. A completed Residence Confirmation is not required for the application over the phone but will be required for the face to face follow up appointment.

How to Replace a Government Issued Photo ID

Phone 1-888-762-8600
Address Service New Brunswick
 770 Main Street, Moncton
Hours Monday to Friday: 9am-5pm
 Saturday: 9am-12pm
Services First time purchase of a photo ID is \$48. Lost or stolen IDs are \$15.

How to Apply for a YMCA Membership

The YMCA of Greater Moncton 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 fees.

How to apply:

- Get an application form online or at the YMCA. You can ask for help at the front desk.
- You can set up a time for an interview to discuss your application or to get help.

Phone (506) 857-0606
Address 30 War Veterans Avenue, Moncton
Email info@ymcamoncton.com

KNOW YOUR LEGAL RIGHTS



- I can refuse to talk to the 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.

Keep Calm and Stay Safe.



**STREET
GUIDE**