

## FINANCIAL SUPPORT PROGRAMS

### Canadian Agricultural Income Stabilization Program (CAIS) [www.agricorp.com](http://www.agricorp.com) Contact Agricorp at 1-877-838-5144

- The Canadian Agricultural Income Stabilization (CAIS) program is part of the Business Risk Management pillar of the Agricultural Policy Framework. The CAIS program combines stabilization assistance (formerly NISA) and disaster assistance (formerly the Ontario Farm Income Disaster Program) into one program. This is a whole-farm stabilization program that helps farmers protect their operations from large and small income declines.

### Canadian Farm Business Advisory Services 1-866-452-5558, [www.agr.gc.ca/ren/cfbas/serv\\_e.cfm](http://www.agr.gc.ca/ren/cfbas/serv_e.cfm)

- Eligible producers will have access to a range of services, including: (1) the Farm Business Assessment and Action Plan - provides eligible producers five days worth of consultative services; (2) Specialized Business Planning Services - offers financial assistance to producers in preparing the plans needed for their business; and (3) Planning and Assessment for Value-Added Enterprise Service.

### Canadian Farm Business Management Council 1-888-232-3262 [www.farmcentre.com](http://www.farmcentre.com)

- To enhance farm manager's ability to achieve sustainable profitability through the development and delivery of quality business management resources.

### Farm Credit Canada, London 519-681-1130 or 1-888-332-3301

Web site: [www.fcc-sca.ca](http://www.fcc-sca.ca)

- Provides business and financial solutions for farm families and agribusiness.

### Farm Debt Mediation Service, Guelph 1-866-452-5556, <http://www.agr.gc.ca/fdms>

- Provides farmers and their creditors with mediation services pursuant to the Federal Farm Debt Mediation Act (FDMA) and Regulations to help them arrive at a mutually satisfactory arrangement. The service is private, confidential and an economic alternative to the often costly, public and drawn-out process of resolving insolvency disputes in the courts.

*If employed off the farm, check with your employer to see if they have an employee assistance program to provide counselling services or stress management techniques for you and your family.*

## EMPLOYMENT

### Human Resources and Social Development [www.hrdc-drhc.gc.ca](http://www.hrdc-drhc.gc.ca) and [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) London - 519-645-5944, St. Thomas - 519-631-5470

- The department works to improve the standard of living and the quality of life of all Canadians by promoting a highly skilled and mobile workforce as well as an efficient and inclusive labour market.

### Workplace Safety & Insurance Board (WSIB) - London - 1-800-265-4752

## SUPPORT SERVICES

### Abused Women's Help Line - Elgin – 519-633-0155 or 1-800-265-4305 London – 519-642-3000 (24-hour crisis line) Business Line - 519-642-3003, [www.shelterlondon.org](http://www.shelterlondon.org)

### Alcoholics Anonymous Help Line – Middlesex – 519-438-9006, Elgin – 519-633-0430

### Assaulted Women's Helpline - 1-866-863-0511

### Bereaved Families of Ontario - Southwest Region, 519-686-1573, [www.bfo.london.on.ca](http://www.bfo.london.on.ca)

### Bereavement Resource Council of Elgin - St. Thomas – 519-633-2149, 1-800-463-1810, [www.brce.ca](http://www.brce.ca)

### Centre for Addiction and Mental Health - 1-800-463-6273, [www.camh.net](http://www.camh.net) Community Program Office - 519-433-3171

### Child and Family Counselling Centre of Elgin - 519-637-2673, [www.cfcc-elgin.com](http://www.cfcc-elgin.com)

### Children's Aid Society of London & Middlesex - 519-455-9000

### Churches/Physicians:

- Check with your local clergy and/or doctor
- Check yellow pages of your phone book

### Drug & Alcohol Treatment Info-Line 1-800-565-8603, [www.dart.on.ca](http://www.dart.on.ca)

### Drug Information Centre - 519-646-6004

### Family Service Thames Valley - 519-433-0183

### Family & Children's Services of St. Thomas & Elgin - 519-631-1492

- Support and counselling for individuals, couples and families.

### John Field, Counsellor, London/St. Marys – 519-284-2263, Gabe Del Bianco, Innerfit Counselling & Consulting, Auburn, Phone/Fax: 519-526-7625

- Gabe & John are available to meet with rural clients to discuss counselling services, career transitions and crisis management.

### Kid's Help Phone - 1-800-668-6868

- Professional counselling for children up to the age of 21, available 24 hours a day.

### London and District Distress Centre - 519-667-6711 [www.londondistresscentre.com](http://www.londondistresscentre.com)

- For 35 years, the London & District Distress Centre (LDDC) has been providing confidential telephone support to members of our community in distress or crisis. Trained volunteers answer calls, 24 hours-a-day, 7 days-a-week.

### London & Middlesex Mental Health Crisis Service - 519-433-2023

- 24 hour crisis line - confidential listening and referral service

### Ontario Farm Animal Council (OFAC) Help Line – 519-837-1326, Web site: [www.ofac.org](http://www.ofac.org)

- Assists farmers to provide adequate or improved care for their animals and/or in following practices that meet industry standards.
- Accepts calls from farmers in need of assistance as well as from anyone who witnesses what they perceive to be unacceptable conditions.

### Ontario Problem Gambling Helpline 1-888-230-3505, [www.opgh.on.ca](http://www.opgh.on.ca)

### Parent Help Web site - [www.parenthelpline.ca](http://www.parenthelpline.ca)

### Regional Sexual Assault & Domestic Violence Treatment Centre - 519-646-6000, Ext. 64224

**SEARCH Community Mental Health Services  
(Strathroy) - 519-245-0120**

[www.searchcommunityservices.ca](http://www.searchcommunityservices.ca)

- Counselling and referral service.

**Sexual Assault Centre London Crisis Line -  
519-438-2272**

**St. Thomas Crisis and Short Term Intervention Unit-**  
467 Sunset Dr., St. Thomas, ON N5P 3V9  
**519-631-8510, Ext. 49430, toll free 1-800-265-4361**

**Talbot House Community Mental Health Centre -  
519-631-5168**

**The Farm Line - 1-888-451-2903**

Website: [www.thefarmline.ca](http://www.thefarmline.ca)

The Farm Line is a confidential telephone emotional support and referral service provided to farmers and farm families in the province of Ontario. This toll-free helpline which specializes in support services for the agricultural community is accessible from Monday to Friday 8:30 am to 8:00 pm. Callers can speak to a peer support worker about a wide variety of topics.

**Victim Support Line (SW Ontario) - 1-888-579-2888**

- Information line sponsored by Ontario Government to assist victims of crime.

**Violence Against Women, Services Elgin County:**  
Emergency Shelter and Counselling Services -  
**519-633-0155 or 1-800-265-4305**

**Women's Mental Health Resources (WOTCH) -  
519-642-7630, Ext. 225**

- Community support for mental health issues

**Women's Rural Resource Centre of Strathroy and  
Area - 1-800-265-5390, 519-245-6235**

<http://www.wrrcsa.org>

- 24-hour crisis line, outreach counselling available

**Women's Shelters:**

Rotholme Women's & Family Shelter - 519-673-4114  
(See [www.missionsservices.ca](http://www.missionsservices.ca))

Second Stage Housing – London, 519-642-3000

Second Stage Housing - St. Thomas, 519-637-2288

(supported transitional housing, 8 months to 1 years)

Sisters of St. Joseph - 519-679-9570 (transitional support centre – not open overnight)

Women's Community House - 519-642-3000 –

[www.shelterlondon.org](http://www.shelterlondon.org), (Crisis Line – 519-642-3001)

Zhaawanong Shelter - 519-432-0122 - Crisis Lines -  
1-800-605-7477 or 519-432-0122

**Web Sites for Other Resources:**

- Canadian Mental Health Association - [www.cmha.ca](http://www.cmha.ca)

- Information London - <http://www.info.london.on.ca/>  
(online directory of social services in London)

- Ontario Domestic Violence Counselling Centres and Shelters - [www.vaonline.org](http://www.vaonline.org)

- A Guide to your Farm and Rural Community:

Posted on County of Middlesex Web site at:

<http://www.county.middlesex.on.ca>

(under "County Info," under "Rural Organizations")

Posted on County of Elgin Web site at:

<http://www.elgin-county.on.ca>

(under "Links", then "Local and Community Links")

**AVAILABLE FACTSHEETS**

- **Programs and Services for Ontario Farmers**
- **Identifying and Managing Stress: A Business Owner's Guide**
- **Taxation on the Sale of Farm Business Assets**
- **Troubleshooting Your Farm Business: Identifying and Managing Financial Pressure**

**View online factsheets at:**

<http://www.omafr.gov.on.ca/english/products/product.html>

**To order factsheets or other materials contact:**

**The Agricultural Information Contact Centre (AICC)**

Guelph, Ontario, Phone **1-877-424-1300**,

Email: [ag.info@omafr.gov.on.ca](mailto:ag.info@omafr.gov.on.ca)

Web site: [www.omafr.gov.on.ca](http://www.omafr.gov.on.ca)

**Other Key Contacts:**

AGRICORP - 1-888-247-4999

Farm Business Registration Program - 1-866-327-3678

Farmland Property Tax Program - 1-800-469-2285

OMAFRA Publication Order Centre - 1-888-466-2372

For more information dealing with stress and financial difficulty, contact:

Ontario Ministry of Agriculture, Food and Rural Affairs,  
**London, 519-873-4070**

**INFORMATION AND  
RESOURCES FOR FARM  
FAMILIES IN MIDDLESEX AND  
ELGIN COUNTIES**



**Prepared by:**

**Ontario Ministry of Agriculture, Food and Rural  
Affairs**

**London Resource Centre**

667 Exeter Road

London, Ontario N6E 1L3

519-873-4070, fax: 519-873-4062

Website: <http://www.omafr.gov.on.ca>



*Revised November, 2007*