

## My Sisters' Place

A women only, daytime space where women who are homeless or at risk of homelessness can relax, socialize, have a hot home cooked lunch, participate in programs, access resources, connect with each other, and feel safe.

### Our Support Team Includes:

- Transitional Support
- Community Support
- Partnerships with other Support Services
- Housemother
- Peer Support
- Volunteers
- On site support from partner agencies such as:

Sexual Assault Centre of London

Women's Community House

London Abused Women's Centre

Mission Services

AIDS Committee of London

## My Sisters' Place

A Women's Mental Health Resources  
Program of W.O.T.C.H.

Community Mental Health Services



### Funded by:

Ministry of Health,  
SCPI Homelessness Initiative,  
Trillium Foundation,  
Sisters of St. Joseph,  
Individual & Corporate Donors

### My Sisters' Place

546 King St.  
London, ON N6B 1T5  
Phone: 519-679-9570  
Toll Free: 1-877-859-0352  
Fax: 1-866-210-1917



## My Sisters' Place

Transitional Support  
Centre for Women who  
are Homeless or at Risk  
of Homelessness



546 King Street (at William)  
519-679-9570

Hours of Operation:  
Monday to Friday  
10:00 a.m. - 3:00 p.m.

Lunch Served Daily:  
12:00 noon - 1:00 p.m.

**WE PROVIDE A SAFE  
WELCOMING SPACE FOR  
THE WOMEN USING OUR  
SERVICES**

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**We provide the following  
on-site services:**

- Hot home made lunch
- Showers and laundry
- Safe space for socializing
- Day beds
- Support Groups
- Programs: (crafts, sewing/ quilting, knitting, movies, yoga/ relaxation, gardening, newsletter, Peer Support and bingo)
- Computers for email and internet
- Personal Care provided by Marvel Beauty School
- Basic needs; personal hygiene products
- Clothing

**Access to Support from our  
Community Partners:**

- AIDS Committee of London
- London Abused Women's Centre
- Sexual Assault Centre of London
- Women's Mental Health Resources
- Heartspace—Addiction Services of Thames Valley
- Women's Community House
- Mission Services of London
- Canadian Mental Health Association
- London Police (Persons at Risk)
- London Mental Health Crisis Service
- Thames Valley Midwives

**Our Transitional Support  
Worker can help you with:**

- Welcoming and orientation to My Sisters' Place
- Referrals to Community Mental Health Supports and/or referral to on-site community partners
- Help with finding shelter, basic needs and other info
- Ongoing support and advocacy

**Our Community Support  
Workers can help you with:**

- Taking care of yourself
- Daily living skills
- Finding and keeping housing
- Learning about health, medications and diagnosis
- Accessing medical care
- Support through crisis
- Improving the quality of your life
- Ongoing support and advocacy
- Connecting with other supports & services