

Child Poverty

A practical tool for primary care

Poverty Interventions for Child Health



What can we do as physicians to address this potentially modifiable risk factor and reduce disparities?

Poverty requires intervention like other major health risks. The evidence shows that socioeconomic status and child health are strongly linked.

Children living in poverty are more likely to experience low birth weight, learning difficulties, mental health problems, iron deficiency anemia, asthma, burns and

injuries, obesity and hospitalization than their more affluent peers. Infant mortality is 60% higher in lowest income quintile neighbourhoods.

“

There is strong and growing evidence that higher social and economic status is associated with better health. In fact, these two factors seem to be the most important determinants of health. ”

- Public Health Agency of Canada

ASK

- 1 Do you have trouble making ends meet?
- 2 Do you have trouble feeding your family?
- 3 Do you have trouble paying for medications?
- 4 Do you receive the child tax benefit?
- 5 Do you have legal or immigration challenges?
- 6 Do you have a safe and clean place to live?

See back for resources →

1. Do you find yourself running out of money to pay for food or shelter?

Benefits and Supports

www.canadabenefits.gc.ca
www.ontario.ca/BenefitsDirectory

Ontario Works

www.mcsc.gov.on.ca/en/mcsc/programs/social/ow/

Ontario Disability Support Program

www.mcsc.gov.on.ca/en/mcsc/programs/social/odsp/
150 N. Christina St., Sarnia
519-344-2057/ Toll Free: 1-800-387-2882

Income Tax Clinics

Inn of the Good Shepherd
115 John Street, Sarnia, 519-344-1746

2. Do you have trouble feeding your family?

Inn of the Good Shepherd

115 John Street, Sarnia, 519-344-1746
*Also has daily meal program and mobile markets in the summer from July - October.

St. Vincent de Paul Help Centre

228 Davis Street, Sarnia, 519-337-1058

The Salvation Army Community & Family Services

970 Confederation Street, Sarnia, 519-344-1142

Contact House Food Bank, Forest

6276 Townsend Line, 519-786-5692 / 519-786-4329

Petrolia Food Bank, Petrolia

4156 Petrolia Line, 519-882-3950

We Care Food Bank, Oil Springs

Voice of Truth Church (back door)
2554 Elizabeth St., Oil Springs, 519-834-2917

Brooke-Alvinston Community Food Bank

3236 River St., Alvinston, 519-834-9993

Watford Food Bank

United Church (side entrance)
555 Ontario St., Watford, 519-876-2837

Corunna Food Bank

St. Andrew's Presbyterian Church
437 Colborne Street, 519-862-3641

*Contact each location for hours and terms of use

3. Do you have trouble paying for medications?

The Salvation Army Community & Family Services

970 Confederation St., Sarnia
windsorsex.cioc.ca/record/SAR0097
519 344-3781

* Also helps with dental, and eyeglasses

4. Do you receive the child tax benefit?

Service Canada Centre - Sarnia

529 Exmouth St., Sarnia, ON
www.servicecanada.gc.ca/eng/goc/cctb.shtml
1-800-387-1193

Canada Revenue Agency

www.cra-arc.gc.ca/bnfts/cctb/menu-eng.html
1-800-387-1193

5. Do you have legal or immigration challenges?

Community Legal Assistance Sarnia (CLAS)

www.sarnialegalclinic.com
519-332-8055 / 888-916-2527

Community Legal Education Ontario (CLEO)

www.cleo.on.ca

Legal Aid Ontario

www.legalaid.on.ca
519-336-4432/1-800-668-8258

Local Settlement Services - See Newcomers Portal

www.liveinlambton.ca
519-336-5950/519-332-2600

Citizenship and Immigration Canada

www.cic.gc.ca
1-888-242-2100

6. Do you have a safe and clean place to live?

Good Shepherd's Lodge (Single men, women & families)

950 Confederation St., 519-344-1679

The Haven (Youth)

444 & 442 Kathleen Ave., 519-336-5941

Women's Interval Home (For women & children who have experienced domestic violence)

519-336-5200 or 1-800-265-1412

Trouble paying the rent, hydro or gas bills?

Inn of the Good Shepherd

115 John Street, Sarnia, 519-344-1746

St. Vincent de Paul Help Centre

228 Davis Street, Sarnia, 519-337-1058

The Salvation Army Community & Family Services

970 Confederation St., Sarnia, 519-344-3781

Ontario Works - Municipal Residency Benefit

150 N. Christina St., Sarnia
519-344-2057/ Toll Free: 1-800-387-2882



Lambton Public Health

160 Exmouth Street, Point Edward, ON N7T 7Z6
Phone: 519-383-8331 | 1-800-667-1839
www.lambtonhealth.on.ca