



Lookout Ridge  
Community Resources  
**SUPPORT SERVICES**

**Alzheimer Society**

Tel. 905-687-3914

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

**Arthritis Society**

Tel. 905-646-7264

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

**Canadian Diabetes Association**

Tel. 905-641-3500

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

**Canadian Mental Health Association**

Tel. 905-354-4576

[www.ontario.cmha.ca/seniors](http://www.ontario.cmha.ca/seniors)

**CCAC (Community Care Access Centres)**

Tel. 905-684-9441 / 800-263-5480

[www.niagara.ccac-ont.ca](http://www.niagara.ccac-ont.ca)

**Geriatric Mental Health**

Tel. 905-704-4068

**Paramed Home Health Care**

Tel. 905-682-6555 / 800-263-4900

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

**Red Cross**

Tel. 905-680-1818

**St. Elizabeth Health Care**

Tel. 905-704-4580 / 866-619-4067

**We Care**

Tel. 905-988-5262 / 866-501-6971

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

**Wellspring Niagara**

Tel. 905-684-7619

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