

Oakridge Health & Harm Reduction Hub



- **Harm reduction supplies**
- Naloxone training & kits
- **Personal care items**
- Crisis & substance use support
- **Support from people with lived experience**
- Group programming (soon)
- **Housing navigation & support**
- Snacks when available
- **Addiction Medicine** (methadone, suboxone, medications for cocaine, crystal meth, alcohol)

Monday to Friday

10AM - 2PM

Cataraqui Recreation Centre

52 Cataraqui Crescent

(Just south of Warden Subway Stn)

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Contact Us

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Visit Us

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Health Partners

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