

Strategic Resource and Survival Framework for Unhoused Populations in Greater Moncton

1. Executive Summary and Situational Analysis

The homelessness crisis in Greater Moncton, New Brunswick, represents a complex intersection of housing market volatility, systemic gaps in mental health and addiction support, and the rising cost of living. As of the 2024-2025 reporting period, the landscape of survival for unhoused individuals in Moncton has shifted from a fragmented network of charities into a more centralized, albeit strained, system of care. This report provides an exhaustive, expert-level analysis of the resources available to individuals experiencing homelessness in Moncton. It is designed not merely as a directory, but as a strategic operational guide for navigating the shelter system, accessing the rental market with limited means, interacting with provincial bureaucracy for identification and income, and utilizing the safety net of food and health services.

The current environment in Moncton is characterized by a "hub" model, primarily centered around the St. George Street corridor, where emergency shelter, health services, and food security initiatives are geographically concentrated. This concentration facilitates access but also creates high demand on specific localized resources. Furthermore, the distinction between "chronic" homelessness and "transitional" homelessness is critical in Moncton, as resources like *Rising Tide* specifically target the former, while emergency shelters serve as the primary intake for the latter.

This report segments the survival ecosystem into critical pillars: Emergency Housing, Bureaucracy & Identification, Income & Employment Support, Food Security, Health & Harm Reduction, and Long-Term Housing transitions. Each section analyzes the intake mechanics, eligibility criteria, and strategic approaches for accessing these services.

The analysis reveals a system under pressure, where the "Out of the Cold" initiatives have transitioned from temporary winter measures into permanent, year-round requirements due to the sheer volume of need. The data indicates that successful navigation of this system requires a high degree of "system literacy"—knowing not just where a service is, but the specific intake hours, the unwritten rules of conduct, and the bureaucratic triggers that open doors to deeper levels of support.

2. Emergency Shelter Ecosystem: Intake, Rules, and Dynamics

The emergency shelter system in Moncton operates on a spectrum of "barrier" levels, ranging from high-barrier (sobriety required) to low-barrier (substance use permitted on or off-site, depending on the specific "wet" or "damp" designation). Understanding these distinctions is vital for individuals seeking immediate accommodation, as misaligned referrals can lead to service denial. The capacity of the system fluctuates, particularly during the winter months,

necessitating a flexible approach to seeking shelter.

2.1 The Bridge to Home / Lions Community Centre Hub

The central pivot of Moncton's emergency response is the **Bridge to Home Resource Hub**, often located at the Moncton Lions Community Centre at 473 St. George Street. This facility has evolved from a temporary cold-weather solution into a 24/7 operation designed to mitigate the "out in the cold" phenomenon. It represents the primary intake point for those new to the system or those barred from other facilities.

Operational Philosophy and "Damp" Status

The Hub operates as a "damp" shelter. This classification is a critical nuance in the shelter system. Unlike "dry" shelters that require complete sobriety for entry, a damp shelter permits individuals to stay even if they are under the influence of substances, provided they do not consume drugs or alcohol on the premises. This lowers the barrier to entry for individuals struggling with addiction who would otherwise be excluded from traditional faith-based shelters or those with strict zero-tolerance policies. This operational stance acknowledges the reality of substance use as a coping mechanism or chronic condition among the homeless population, prioritizing physical safety from the elements over behavioral compliance regarding substance consumption.

Capacity and Logistics

The facility typically offers emergency beds (cots) and a drop-in space (chairs) for those who cannot secure a bed. The 2024-2025 configuration includes a general population area (often in the gymnasium) and specific provisions for vulnerable subgroups, such as a female dorm.

- **Capacity:** The facility generally provides around 50 emergency shelter beds in the main gym area, with an additional 25 beds often allocated for the female dorm to ensure safety and privacy for women.
- **Intake:** The intake process is generally immediate upon arrival, prioritizing those with no other options. Unlike appointment-based systems, this functions as a triage center.
- **Hours:** The shelter component typically operates overnight (e.g., 8:00 PM to 8:00 AM), but the Hub has transitioned to offering 24/7 drop-in capabilities to prevent individuals from being forced onto the street during the day.

Services and Diversion

Beyond sleeping quarters, the Hub acts as a diversion point. Staff are tasked with "shelter diversion," attempting to reconnect individuals with family or support networks before they become entrenched in the shelter system. This might involve mediation with family members, assistance with transportation to a home community, or immediate referrals to crisis intervention. For users, the Hub is the most reliable "first stop" in a crisis. Because it operates 24/7, it avoids the traditional shelter model where residents are forced out early in the morning, allowing for better sleep hygiene and stability, which are prerequisites for engaging in any housing search or employment activity.

2.2 Harvest House Atlantic

Located at 182 High Street, Harvest House is a long-standing pillar of Moncton's shelter infrastructure, operating with a Christian faith-based ethos. It serves a dual function as both an emergency shelter and a long-term recovery center, which creates a complex environment with varying rules depending on which "track" a resident is on.

Intake and Hours

Intake is available 24 hours a day, 7 days a week, making it accessible for late-night crises. However, the facility has historically implemented curfews for nightly sign-ins (typically around 9:00 PM) for bed retention. This curfew is strictly enforced to maintain order and security within the facility.

Service Tiers and Behavioral Expectations

- **Emergency Shelter:** Provides immediate overnight accommodation. While it serves the general homeless population, the environment is structured.
- **Step-Up Program:** A transitional housing initiative for those demonstrating stability and a readiness to move toward independence. This program offers more privacy and autonomy but requires adherence to case management goals.
- **Addiction Recovery:** A resident program requiring a commitment to sobriety and participation in religious or therapeutic programming.
- **Rules:** Harvest House is often perceived as having higher behavioral expectations than the Bridge to Home Hub. It operates primarily as a damp facility for the emergency side but maintains stricter rules for its recovery and transitional wings. Violent behavior or possession of substances on-site typically results in immediate discharge or a ban.

Recent Policy Shifts

In mid-2025, reports indicated a shift in Harvest House's operational model regarding non-residents. The organization moved to phase out certain community services (like drop-in meals) for those not staying in the shelter, focusing resources on residents. This makes it less viable as a "day program" location for those sleeping rough, shifting that burden to the Lions Centre or humanity-focused organizations like the Humanity Project. This restriction reinforces the need for homeless individuals to secure a designated "home base" within the system rather than relying on a patchwork of drop-in services.

2.3 House of Nazareth (Maison Nazareth)

Located at 75 Albert Street, House of Nazareth serves as another major emergency shelter, strategically positioned near the downtown core.

- **Demographics:** Accepts men, women, and gender-diverse individuals.
- **Operational Status:** Open 24/7. Like the Lions Centre, it operates as a damp shelter, acknowledging the reality of substance use among the homeless population without permitting use on-site.
- **Intake Procedure:** Clients are often directed to register first at the Bridge to Home Resource Hub (Intake Center) before being assigned a bed at Nazareth, although direct

walk-ins occur during emergencies. This coordinated intake attempts to prevent duplication of services and manage capacity across the city.

- **Environment:** The Albert Street location is central but has been subject to community tension regarding loitering and public camping. Users should be aware that security and behavioral monitoring are strict due to these external pressures. The facility includes community reintegration programs aimed at helping clients access specialized resources.

2.4 Specialized Shelters: Youth and Women

For specific demographics, general adult shelters can be dangerous or developmentally inappropriate. Moncton maintains specialized facilities to protect these vulnerable groups.

Youth QUEST Central (Youth Impact Jeunesse)

For individuals aged 16 to 24, the adult shelter system can expose them to predatory behavior and chronic substance use cultures. Youth QUEST (199 St. George Street) is the designated resource for this demographic.

- **Services:** It acts as a multi-resource drop-in center rather than just a bed. It offers laundry, showers, food, clothing, and crucial case management.
- **Transitional Housing:** Youth Impact operates transitional housing programs that are distinct from emergency shelters. These require an intake process and a commitment to case management, acting as a bridge to adulthood for youth aging out of care or fleeing family conflict. The "Transitional Housing" component often involves a separate application and interview process, focusing on life skills development.

Crossroads for Women

This is a high-security resource for women and children fleeing domestic violence.

- **Access:** Access is strictly controlled via crisis line (1-844-853-0811) to protect the safety of residents. Locations are confidential to prevent perpetrators from locating victims.
- **Exclusivity:** This is not a general homeless shelter; it is a crisis intervention site. Women experiencing homelessness due to economic factors alone may be referred to House of Nazareth or the female dorms at the Bridge to Home Hub. However, women unsure of their status should call the crisis line, as economic homelessness is often precipitated by domestic instability.

Table 1: Comparative Analysis of Moncton Emergency Shelters

Shelter Name	Location	Target Demographic	Operational Model	Intake/Access Notes
Bridge to Home (Lions)	473 St. George St.	Adults (Mixed)	Damp / Low Barrier	24/7 Intake; Central triage point; diversion focus.
Harvest House Atlantic	182 High St.	Adults (Mixed)	Damp (Shelter) / Dry (Recovery)	24/7 Intake; Curfew often at 9 PM; tiered

Shelter Name	Location	Target Demographic	Operational Model	Intake/Access Notes
				programs.
House of Nazareth	75 Albert St.	Adults (Mixed)	Damp	Referral from Bridge to Home often required.
Youth QUEST	199 St. George St.	Youth (16-24)	Resource Centre / Transitional	Drop-in hours vary; Case management focus.
Crossroads for Women	Confidential	Women/Children (DV)	High Security	Crisis line screening required (No walk-ins).

2.5 The "Out of the Cold" Strategy

During extreme winter weather (December to April), Moncton activates additional "Out of the Cold" protocols. These often involve opening auxiliary spaces (like the Lions Centre gym) to anyone, regardless of bans or behavioral history, to prevent freezing deaths. The capacity fluctuates, but typically adds 60-80 beds to the system. This is a life-saving measure, not a housing solution, and amenities in these overflow spaces are minimal (often just a mat on a floor).

3. Navigating Bureaucracy: Identification and Address Solutions

One of the most debilitating "Catch-22s" of homelessness is the requirement of an address to obtain identification, and the requirement of identification to secure an address. Moncton has specific mechanisms to bypass these barriers, though they require precise navigation and advocacy.

3.1 The "No Fixed Address" Dilemma and ID Replacement

Service New Brunswick (SNB) has strict requirements for issuing photo identification (NB Photo ID Card) or Driver's Licenses. Standard procedure requires **two** documents proving residency. For a homeless individual, providing a utility bill or lease is impossible. However, the system has built-in waivers that must be explicitly requested.

Strategic Workarounds for Proof of Residency

1. **The Shelter Residency Confirmation:** Individuals staying at shelters (Harvest House, House of Nazareth, or Bridge to Home) can request a **Residence Confirmation Form** or a formal letter from the shelter administration. In the eyes of Service New Brunswick, this document functions as proof of address. It acts as a "lease" equivalent.
 - o *Action Item:* Upon intake at a shelter, immediately request a proof of residency letter. Do not wait until it is needed for an appointment, as administrative delays can occur.

2. **Social Development Verification:** If an individual is receiving social assistance, a "Benefit Confirmation" or "Health Card" issued by the Department of Social Development serves as a primary residency document. This document is government-issued and therefore carries high weight at SNB.
 - *Insight:* This creates a circular dependency. One often needs ID to get on social assistance. However, Social Development has internal waivers for emergency cases (see Section 4).
3. **The "One-Point" Affidavit:** In absence of formal bills, a written, notarized verification or letter from a recognized social service agency (social worker, clergy, or shelter director) can sometimes be accepted as one point of residency verification. Agencies like YMCA ReConnect are authorized to generate these support letters for clients they are actively case-managing.
4. **Municipal ID Initiatives:** While New Brunswick primarily relies on provincial ID, some libraries and municipal services accept "Municipal ID" or lower-barrier forms of identification for accessing services like internet or gym showers.

3.2 General Delivery: Securing a Mailing Address

Possessing a mailing address is mandatory for receiving social assistance checks, health cards, and Canada Revenue Agency (CRA) correspondence (GST checks, Carbon Rebates).

- **Canada Post General Delivery:** Homeless individuals can use "General Delivery, Moncton Main Post Office" as their address. This service allows mail to be held at the post office for pickup.
- **Procedure:** A user must go to the main post office (typically the depot on Main Street or a designated downtown outlet) and request General Delivery service.
- **Accommodation Policy:** Canada Post has a Delivery Accommodation Program. While typically for physical disabilities, the inability to receive mail due to homelessness is a recognized barrier. ID is usually required to pick up mail, creating another barrier. However, in verified cases of homelessness, community partners (like YMCA ReConnect) can sometimes facilitate identity verification or act as a trustee for mail.
- **Trustee Mail:** Some agencies, such as Salvus Clinic or ReConnect, may allow clients to use their agency address for critical mail (Health Cards, Legal documents). This is often safer than General Delivery, as it prevents mail from being "returned to sender" if not picked up within 15 days.

3.3 Accessing Medicare Without an Address

New Brunswick Medicare usually requires proof of residency. However, "No Fixed Address" applications are processed with the support of case workers.

- **The Mechanism:** The application form allows for a declaration of residency. If an individual is physically present in NB and intends to stay, they are eligible.
- **Support:** Staff at the **Salvus Clinic** are specialized in assisting individuals without addresses to apply for Medicare cards. They act as the institutional anchor, allowing the card to be mailed to the clinic or a shelter address. Possession of a Medicare card is critical, not just for health, but as a secondary piece of ID for opening bank accounts or accessing other services.

4. Financial Stabilization: Social Assistance and Income

The Department of Social Development (SD) manages the Social Assistance program (commonly known as welfare). For a homeless applicant, the standard "household income" assessment is modified to reflect their precarious situation.

4.1 Applying for Assistance as a Homeless Individual

The application process is designed to be rigorous, but "emergency" protocols exist to bypass standard wait times.

- **Eligibility:** The applicant must be in financial need (assets below a threshold) and a resident of NB.
- **The Address Waiver:** While an address is standard, SD Policy *Intake and Continuing Eligibility* allows for flexibility. For example, in the Prenatal Benefit Program and General Assistance, a residence confirmation form is *not* required if the applicant is homeless; a written verification of a room-and-board situation or even a shelter stay suffices.
- **The "Emergency" Intake:** If an applicant has no food or shelter, they qualify for an emergency intake. This bypasses the standard multi-week wait times.
 - *Tactical Advice:* When calling SD (1-833-733-7835), explicitly state: "I am currently homeless and in immediate need of food and shelter." This triggers a distinct triage protocol compared to a standard application, prioritizing the file for immediate assessment.

4.2 Check Collection During Postal Disruptions

Moncton relies heavily on mail for benefit distribution. During postal strikes or for those without General Delivery, SD implements **centralized pickup locations**.

- **Location:** The primary pickup point for Moncton is the Social Development office at **774 Main Street** (1st Floor Reception).
- **Identification:** Pickup requires ID. If ID is lost, the worker at the reception can often verify identity through security questions (DOB, SIN, Mother's maiden name) if the client is already in the system, though having a trustee or worker (from ReConnect) accompany the client is recommended to smooth this process.
- **Direct Deposit:** To avoid the vulnerability of lost or stolen checks, clients are strongly encouraged to set up Direct Deposit. For those unable to open a bank account due to credit or ID issues, some credit unions or banks offer "access accounts" with lowered requirements, often facilitated by an endorsement from a social agency.

4.3 Social Assistance Rates and Allowances

It is important to understand what is available. The "Transitional Assistance" rate for a single employable person is extremely low (approx. \$537-\$600/month depending on current indexing).

- **Shelter Component:** A portion of the check is designated for shelter. If a client is in a shelter, this portion might be withheld or paid directly to the shelter.
- **Rooming House Rate:** If a client secures a room, they must provide a "Rent Report" or

lease to SD to unlock the shelter portion of their allowance.

- **Household Income Policy:** SD calculates assistance based on "household." In a rooming house, it is vital to clarify that you are a *single household* renting a room, not co-habiting with the other tenants, to ensure benefits are not reduced based on others' income.

5. The Housing Acquisition Matrix: "Rooming House" Reality

Moving from shelter to housing in Moncton is exceptionally difficult due to low vacancy rates (hovering around 1-2%) and high rents. The strategy must shift from looking for "apartments" (which are often unaffordable on social assistance) to looking for "rooms" or "shared accommodations."

5.1 The Rising Tide Initiative

Rising Tide is a non-profit unique to Moncton, designed specifically for the chronically homeless.

- **The Model:** They purchase properties and convert them into affordable units with case management support.
- **Access:** You generally *cannot* apply directly to Rising Tide. Placements are made through the **Coordinated Access System** (By-Name List).
- **The "By-Name List" (BNL):** To get housing through Rising Tide or Housing NB subsidies, an individual must be on the BNL.
 - **Action:** An individual must undergo an intake assessment (often the VI-SPDAT or a similar vulnerability index) with a designated agency like **YMCA ReConnect**, **Salvus Clinic**, or the shelter staff. This adds them to the central database (HIFIS), prioritizing them based on vulnerability (acuity) rather than "first-come, first-served".
 - **Strategic Insight:** Merely "waiting" at a shelter does not get you on this list. You must explicitly ask a worker to perform the assessment to be added to the BNL.

5.2 Private Market: Kijiji and Facebook Marketplace

For those ineligible for Rising Tide or waiting (which can take months or years), the private market is the only option.

- **Room Rentals:** In Moncton, "Rooming Houses" (boarding houses) are the most accessible tier of private housing. Rents for rooms typically range from \$400 to \$600, though prices are rising.
- **Search Strategy:**
 - **Keywords:** Search for "room for rent," "shared accommodation," "board," "student housing" (often cheaper/shared), or "all inclusive."
 - **Neighborhoods:** Focus on the downtown core (St. George St, High St, Dominion St, Robinson St). These areas historically contain older housing stock converted into rooming houses.
 - **Timing:** Check listings at 8:00 AM, 12:00 PM, and 5:00 PM daily. Good rooms disappear within hours.

Writing a "Looking for Room" Ad

Posting a "Wanted" ad on Kijiji or Facebook Marketplace can attract landlords who do not want to pay for listings. However, this attracts scammers. A safe, effective ad should look like this:

Title: Quiet, Mature Adult Seeking Room for Rent (Dec 1st) - Budget \$500 **Body:** "I am a single, quiet adult looking for a room to rent in the Moncton area. I am on a fixed income (guaranteed monthly payment) and can provide a direct payment arrangement from Social Development if preferred. I am clean, respectful of shared spaces, and keep to myself. I do not party/smoke/drink (adjust as true). Seeking a long-term arrangement. Please contact via email or text. References available from community worker."

- *Analysis:* Mentions "fixed income" instead of "welfare" (less stigma). Offers "direct payment" (landlords love guaranteed rent from the government).

5.3 Scam Avoidance in the Rental Market

Homeless individuals are prime targets for rental scams.

- **Red Flags:**
 - Landlord refuses an in-person viewing ("I am out of the country").
 - Price is too good to be true (e.g., full apartment for \$500).
 - Demands a deposit via e-transfer *before* signing a lease or seeing the unit.
- **Verification:** Never hand over cash without a receipt. Ensure the person showing the unit actually has keys and can open the door.

5.4 Roomers vs. Tenants: A Legal Warning

It is critical for homeless individuals to understand the legal difference between a **tenant** and a **roomer** in New Brunswick under the *Residential Tenancies Act*.

- **Tenant:** Has a lease for a self-contained unit (has own kitchen/bathroom). Protected fully by the Act. Eviction requires formal notice (minimum 15 days to months depending on cause) and Tribunal approval.
- **Roomer:** Rents a room but shares a kitchen and/or bathroom with the landlord. **Legal protections are significantly weaker.** If the landlord lives in the same house and shares facilities, the *Residential Tenancies Act* provisions regarding notice are different. In many common-law interpretations, if you share a kitchen/bath with the owner, you are a "guest" and can be evicted with "reasonable notice" (sometimes as little as 24-48 hours) without a Tribunal hearing.
 - *Insight:* When renting a room, always ask for a **Standard Form of Lease (Rooming House)**. If the landlord refuses and offers a verbal agreement, the tenant is highly vulnerable to immediate eviction.
 - *Eviction Rules:* Even for roomers, a landlord cannot simply throw belongings on the street. However, the police may view it as a civil matter and not intervene to stop an eviction if the landlord claims they share facilities.

6. The Food Security Network

Moncton has a robust network of food providers, but they operate on specific schedules.

Missing a window can mean going 24 hours without a hot meal.

6.1 The Soup Kitchen Schedule

Different agencies cover different days/times. A homeless individual must rotate between them to ensure three meals a day.

- **Ray of Hope Kitchen (340 Dominion St - St. Augustine's Church):**
 - *Service:* Hot meals.
 - *Hours:* Mon-Fri, 10:30 AM – 12:30 PM.
 - *Atmosphere:* Sit-down dining, generally serves as a social hub in the mornings. It is a critical space for "warming up" and socializing before the afternoon gap.
- **The Humanity Project (449 St. George St):**
 - *Service:* Hot supper meals and food boxes.
 - *Hours:* Supper served Mon-Fri 4:30 PM – 6:00 PM; Weekends 11:30 AM – 1:00 PM.
 - *Significance:* This is often the only reliable source for an evening meal during the week. They also operate a "feed the community" program that utilizes food waste to create meals.
- **Peter McKee Community Food Centre (475 St. George St):**
 - *Service:* Primarily a food bank (grocery hamper), requiring an appointment. However, they also run a teaching kitchen and have garden initiatives.
 - *Hours:* Mon-Fri 9:00 AM – 4:00 PM (Appointments 10-12, 1-3).
 - *Requirement:* Proof of address is typically required for a food box, which is a barrier for the homeless. However, the *Garden* and *Kitchen* programs may offer more flexibility, and they have specific intake hours for students/working families (Wed evenings).

6.2 Food Banks (Hamper Programs)

- **Food Depot Alimentaire:** Distributes to local agencies. Accessing these usually requires registration and ID.
- **Second Mile Food Bank:** Often requires an appointment.
- **Gap Analysis:** For someone without a kitchen (homeless), a box of pasta and canned beans from a food bank is of limited utility. The Soup Kitchens (Ray of Hope / Humanity Project) are the priority resources. However, some food banks offer "no-cook" bags (pop-top cans, granola bars) upon request.

Table 2: Weekly Food Access Schedule (Typical)

Time of Day	Monday - Friday	Saturday	Sunday
Morning	Ray of Hope (10:30-12:30)	-	-
Lunch	Ray of Hope / Youth QUEST (Youth)	Humanity Project (11:30-1:00)	Humanity Project (11:30-1:00)
Dinner	Humanity Project (4:30-6:00)	Harvest House (5:00)	Harvest House (4:30)

(Note: Schedules fluctuate; verifying with YMCA ReConnect is recommended).

7. Hygiene: The Critical Gap (Showers and Laundry)

Access to hygiene is one of the most significant gaps in Moncton's resource landscape. Unlike food, which is available daily, showers and laundry are scarce and require planning.

7.1 Shower Access

- **YMCA Moncton (ReConnect):** Historically, the YMCA has offered shower access programs for the homeless. The **ReConnect** program acts as the gateway. While full gym membership is not free, the outreach team can facilitate access to hygiene facilities during specific drop-in windows or through specific arrangements.
- **Shelters:** Guests registered at Bridge to Home or Harvest House have access to showers. For non-residents, access is restricted, though Bridge to Home Hub strives to offer hygiene access to drop-ins when capacity allows.
- **Youth QUEST:** For youth (16-24), showers are available on-site during drop-in hours.
- **Public Facilities:** There are no public, municipal shower facilities in Moncton parks. This forces reliance on the NGO sector.

7.2 Laundry Services

- **The Salvation Army (32 King St):** This is the premier resource for free laundry.
 - *Program:* They offer free washers and dryers specifically for those experiencing homelessness who cannot use laundromats.
 - *Procedure:* Clients must usually book a time slot (Mon-Fri). Detergent and a change of clothes are often provided while laundry washes, addressing the issue of "washing the clothes on your back".
- **Harvest House:** Offers laundry services, but recent policy shifts suggest this is prioritized for residents or those in the Step-Up program.
- **Laundromats:** For those with coins, the **Moncton Laundromat** offers wash/fold services, but self-service coin laundry is the economic option. Prices are typically \$3-\$5 per load.
- **Church Programs:** Some local churches, like Christ Church (though the snippet refers to NJ, similar models exist in Canada), run "Laundry Love" style events where they pay for machines at a local laundromat. These are sporadic and best found through ReConnect word-of-mouth.

8. Health and Harm Reduction

The health profile of the homeless population often involves complex comorbidities (mental health, addiction, physical trauma). Standard walk-in clinics are often inaccessible due to stigma or lack of health cards.

8.1 The Salvus Clinic (Suite T190, 22 Church St / Mobile Unit)

Salvus is the medical home for the homeless in Moncton.

- **Target:** Individuals who are homeless, living in poverty, or suffering from mental

health/addiction issues who *do not* have a family doctor.

- **Services:** Primary care (checkups, wound care), mental health support, and housing navigation.
- **Mobile Unit:** Salvus operates a mobile health unit that visits shelters and known encampment sites, bringing care directly to the street.
- **Strategic Value:** Salvus is often the only place to get medical documentation required for Housing NB applications or disability benefits. They understand the "no ID" barriers and work around them.

8.2 Ensemble Moncton (80 Weldon St)

Ensemble is the hub for Harm Reduction.

- **Philosophy:** Non-judgmental support for substance users.
- **Services:**
 - *Overdose Prevention Site (OPS):* A supervised space to consume substances safely with medical staff present to reverse overdoses.
 - *Needle Distribution:* Clean syringes and disposal.
 - *Naloxone:* Free training and distribution of Narcan kits.
 - *Dispensing Machine:* A vending machine offering 24/7 access to harm reduction supplies (clean needles, pipes) and hygiene items outside the facility.
- **Hygiene:** They also provide access to basic hygiene supplies (condoms, masks, sanitizer).

8.3 Mental Health Crisis

- **Mobile Mental Health Crisis Team:** 1-866-771-7760. They can deploy to the street to assist someone in psychosis or severe distress.
- **Chimo Helpline:** 1-800-667-5005 (24/7 listening ear and crisis intervention).
- **Addiction Services:** Detoxification services typically require a referral. Salvus or ReConnect can facilitate the intake into the Detox center (located at the Moncton Hospital).

9. Social Connection and Public Space

Surviving homelessness involves finding safe spaces to exist during the day without being moved along by police or security.

9.1 The Moncton Public Library (644 Main St)

The library is a critical sanctuary.

- **Access:** It is open to the public. It offers warmth in winter and air conditioning in summer.
- **Amenities:** Free Wi-Fi ("WiFi-MONCTON"), public computers (essential for checking Kijiji/Email), and washrooms.
- **Rules:** While "friendly" to the homeless in that it is a public space, behavioral rules are strict. Sleeping, bathing in washrooms, or visible intoxication will result in a ban. It is a "quiet enjoyment" space.
- **Digital Access:** To use computers, you typically need a library card (requires

ID/Address). However, guest passes are often available at the desk for computer use if you explain your situation.

9.2 Drop-In Centers

- **Youth QUEST:** For youth, this is the primary social hub. It offers video games, art programs, and a safe space to hang out.
- **The Lions Centre Hub:** During the day, the drop-in area allows for socialization and rest, though it can be crowded.
- **Humanity Project:** The dining area often functions as a social gathering point during meal times.

9.3 Peer Support

- **Salvus Peer Support:** Salvus employs Certified Peer Support Specialists—individuals with lived experience of homelessness/addiction who have recovered. They offer mentorship and a non-clinical "friend" role that is vital for mental health.
- **ReConnect Street Outreach:** While professional staff, the outreach workers often provide the only positive social interaction a homeless individual might have in a day. Building a rapport with them opens doors to other "social" resources.

10. Conclusion and Strategic Outlook

Surviving homelessness in Moncton requires a disciplined approach to time and geography. The resources exist, but they are fragmented.

- **Mornings** are for the Ray of Hope kitchen and drop-in centers like the Lions Hub.
- **Afternoons** are for bureaucracy (Service NB, Salvus Clinic appointments) and laundry (Salvation Army).
- **Evenings** center around the Humanity Project for food and shelter intake (Bridge to Home/Harvest House).

The critical bottleneck remains **housing stock**. While emergency resources (food/shelter) are accessible, the exit ramp (affordable rooms) is narrow. The most effective strategy for any unhoused individual is to immediately attach themselves to a **YMCA ReConnect** worker or **Salvus Clinic** case manager. These professionals hold the keys to the "By-Name List" and the administrative waivers (ID, Address) that are invisible to the general public. Without a case manager, an individual risks remaining stuck in the emergency shelter loop indefinitely.

Summary Resource Directory (Quick Reference)

Service Category	Primary Organization	Contact / Location	Key Feature
Emergency Shelter	Bridge to Home (Lions)	473 St. George St	Low Barrier / 24/7
Youth Shelter	Youth QUEST	199 St. George St	Ages 16-24 / Case Mgmt
Medical Care	Salvus Clinic	22 Church St	No Health Card Needed
Harm Reduction	Ensemble Moncton	80 Weldon St	Safe Consumption / Needles

Service Category	Primary Organization	Contact / Location	Key Feature
Free Laundry	Salvation Army	32 King St	Appointment Required
Daily Lunch	Ray of Hope	340 Dominion St	10:30 AM - 12:30 PM
Daily Supper	Humanity Project	449 St. George St	4:30 PM - 6:00 PM
Outreach/ID Help	YMCA ReConnect	506-856-4362	Street-based support
Crisis Line	Mobile Crisis	1-866-771-7760	Mental Health Response

Works cited

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