

<u>CRISIS</u>	
CRISIS	911
Distress Centre Durham	
24-hr telephone counselling, crisis and suicide intervention and referral	905-430-2522 or 1-800-452-0688
Durham Mental Health Services	
Short term crisis beds/mobile crisis team	905-666-0483
24-hr crisis line	1-800-742-1890
Frontenac Youth Services	
	1-888-454-6275
Kids Help Phone	
	1-800-668-6868
	Text 'Connect' to 686868
Victim Services of Durham Region	
	1-888-579-1520 ext.3400
<u>ABUSE & DOMESTIC VIOLENCE</u>	
Bethesda House - Bowmanville	
24-hr support line & shelter	905-623-6050 or 1-800-338-3397
Durham Children's Aid Society	
If you are being abused or fear for your safety (ages 0 to 16)	905-433-1551 or 1-800-461-8140
Durham Rape Crisis Centre	
24-hr crisis line, counselling and support groups for recent or past abuse	905-668-9200
Durham Region Domestic Violence/Sexual Assault Care Centre	
Medical	905-576-8711 ext. 3286
emotional support for anyone who has experienced or who needs info about sexual violence, services & community referrals	
DRIVEN	1-877-723-3905
Fem-aide (Francophone helpline)	1-877-336-2433
Herizon House	
24-hr crisis line & shelter for women dealing with abuse	905-426-1064 or 1-866-437-4066
The Denise House	
24-hr crisis line & shelter for abused women, counselling & children's programs	905-728-7311 or 1-800-263-3725
YWCA Durham	
24-hr crisis line & shelter for women dealing with abuse	905-576-2997 or 1-888-576-2997

<u>IMMIGRANT SERVICES</u>	
Welcome Centre	1-877-761-1155
<u>COUNSELLING & SUPPORT</u>	
Bereaved Families of Ontario, Durham Region	
Support for families and individuals who have lost a significant person	1-800-387-4870
Centralized Intake	
Intake & referral for all children's mental health services in Durham Region	1-888-454-6275
Catholic Family Services of Durham	
Ajax/Oshawa	905-428-1984
Oshawa (intake)	905-725-3513 or
Couple, ind, child & family counselling	1-877-282-8932
Carea Community Health Centre	
Oshawa	905-723-0036
Ajax	905-428-1212
Pickering	905-420-0333
Whitby Children & Youth Team (up to age 24)	289-509-0603
COPE Mental Health (Serving adults 18+)	
Ajax/Pickering	905-837-0017
Clarington	905-623-2261
Oshawa	289-385-2697
Whitby	905-668-6223
Family Services Durham	
Ajax	905-683-3451
Whitby (intake)	905-666-6240
Couple, ind, child & family counselling	1-866-840-6697
Frontenac Youth Services	
Support for youth 12-18 with behavioural emotional, psychiatric & learning difficulty	905-579-1551 or 1-877-455-5527
Hearth Place Cancer Support Centre	
	905-579-4833
John Howard Society	
Ajax (appointment only)	905-579-8482
Clarington	905-623-6814
Oshawa	905-579-8482
Whitby	905-666-8847
Ontario Shores Centre for Mental Health Sciences	
Psychiatric/psychological assessment & counselling	905-430-4055



Prompt Care Clinic	
Whitby	1-877-767-9642
Salvation Army - Family Services	
Oshawa	905-723-7422
Whitby	905-430-3454
<u>DRUG & ALCOHOL & GAMBLING ISSUES</u>	
Alcoholics Anonymous/Alateen/Al-anon	1-877-404-5591
Support recovering alcoholics or young people affected by others drinking	905-728-1020 or 1-888-425-2666
Connex Ontario	1-866-531-2600
Drug & Alcohol Helpline	1-800-565-8603
Narcotics Anonymous	1-888-811-3887
Support for recovering drug users	
Ontario Problem Gambling Helpline	1-888-230-3505
Pinewood Centre	905-721-4747
Ajax	ext.6
Bowmanville	ext.3
Oshawa	ext.2
Port Perry	ext.4
24-hr crisis line	905-721-4747 or 1-888-881-8878
Project X-change (John Howard Society)	
Needle exchange program; clean supplies & safer use info at office & mobile sites	905-440-5410 or 905-440-5387
YMCA Youth Gambling Awareness Program	
Awareness & education programs	905-903-5995
<u>ALTERNATIVE EDUCATION</u>	
Durham Alternative Secondary School	
DASS Oshawa	905-579-1990
DASS Pickering	905-839-2913
DASS Port Perry/Uxbridge	905-985-4947
Teen Parent Programs	905-242-1753
Durham Catholic District School Board - Alternative Ed.	
Ajax (Return Ticket program)	905-428-7161
Ajax (Re-engagement program)	905-683-7713
Ajax (Reconnect program)	905-666-1146
Oshawa	905-438-0570
Learning Earning & Parenting (LEAP)	905-432-2929 or
High school for young parents on OW	1-877-264-5566

<u>PHYSICAL & SEXUAL HEALTH</u>	
AIDS Committee Durham	
HIV/AIDS related services & supports	905-576-1445
AIDS Hotline	1-800-668-2437
Carea Community Health Centre	
Oshawa	905-723-0036
Ajax	905-428-1212
Pickering	905-420-0333
Carea Community Health Centre Hepatitis C Program	
Services for Hepatitis C screening, counselling, support groups and treatment	1-855-808-6242
Durham Health Connection Line	
Public health nurses provide information	1-800-841-2729
Care Centre	905-576-8711
emotional support for anyone who needs info about medical & sexual violence.	ext. 2328 ext. 3286 ext. 3286
Durham Region Sexual Health Clinics	
Oshawa	1-800-314-8533
Oshawa	905-433-8901
Pickering	905-420-8781
Port Perry	905-985-4891
Telehealth Ontario	1-866-797-0000
<u>WELFARE & FINANCIAL</u>	
Durham Region Social Services Ontario Works	
General Intake	1-877-678-6333
Ajax/Pickering Intake	905-428-8982
<u>YOUTH CENTRES</u>	
CMHA - YASP Program	
Programs, meals, showers, OW trustee	905-436-8760
Girl's Inc	
Girls programs on success, health & critical thinking	905-428-8111 or 1-877-447-5795
The Fire House (Bowmanville)	905-623-6814
The Refuge (Oshawa)	905-404-2420
<u>HOUSING & SHELTER</u>	
Durham Mental Health Crisis Beds	
For individuals experiencing a crisis and are in need of individualized support in a safe setting	905-666-0483 or 1-800-742-1890
Cornerstone Community Association	
Emergency hostel for males aged 16+	905-433-0254

HOUSING & SHELTER (CONTINUED)	
Durham Region Housing Services	905-666-6222 or 1-800-372-1102
Durham Region Non-profit Housing	905-436-6610
Housing Help Durham (CDCD)	1-866-746-3696
Housing stability, lists & search support	905-686-2661
Joanne's House	
Emergency hostel for youth aged 16-24	905-239-9477
John Howard Society - Housing Services	
Oshawa	905-579-8482
Bowmanville	905-623-6814
Whitby	905-579-8482
John Howard Society - Residential Program	
To assist youth in living independently	905-718-1256
SafeHope Home	Long-Term Residential
info@safehopehome.com	
EMPLOYMENT	
Agilec	
Ajax	905-426-8337
Courtice	905-720-3111
Centre for Education and Training	905-420-8161
Unemployed Help Centre	
Oshawa	905-579-1821
Pickering	905-420-4010
Durham College Community Employment Services	
Bowmanville	905-697-4472
Oshawa	905-438-1041
John Howard Society - Employment Services	
Oshawa	905-579-8482
Whitby	905-666-8847
VPI	
Ajax	905-683-3529
Oshawa	905-571-3301
YMCA Durham Employment Services	
Pickering	905-427-7670
Whitby	905-668-0044
FIRST NATION, METIS AND INUIT YOUTH	
Carea Community Health Centre	1-877-277-3217
Addictions and Mental Health Worker (0-18yrs) ext.1240	
Health Promoter (connect to services)	ext.1222

FIRST NATION, METIS AND INUIT (CONT)	
Metis Nation of Ontario	1-800-263-4889
Baagwating Indigenous Student Centre (Ontario Tech University)	905-721-8668 ext. 6795
Durham College's First Peoples Indigenous Centre	905-721-2000 ext. 2529 or 2573
LEGAL SUPPORT	
Durham Family Court Clinic	905-436-6754
Durham Community Legal Aid	1-800-668-8258
Family Law Information Centre (FLIC)	1-888-616-0119 ext. 18
Luke's Place	905-728-0978 or
Assists abuse survivors with family law	1-866-516-3116
ANGER MANAGEMENT	
Community Justice Alternatives	905-683-8615
John Howard Society	
Bowmanville	905-623-6814
Whitby	905-666-8847
Oshawa	905-579-8482
Salvation Army - Family Services	
Oshawa	905-723-7422
Whitby	905-430-3454
PREGNANCY / YOUNG PARENT SUPPORT	
Carea Community Health Centre	
Ajax	905-428-1212
Pickering	905-420-0333
Oshawa	905-723-0036
Durham Regional Health Department	
Healthy Babies Healthy Children	
Infant & Child Development Program	905-666-6241 or
SMILE	1-800-841-2729
Postpartum Depression Support	
Food 4 Thought	905-428-8111
Pre/post natal nutrition program, coordinated by Girls Inc.	
Motherisk Info Line	1-877-439-2744
Rose of Durham	1-800-712-4357
Oshawa	905-432-3622
Bowmanville	289-685-0768
Ajax/Pickering (Outreach Worker)	905-410-3622
Ajax	905-619-9878

IDENTIFICATION	
Birth Cert- Office of Registrar General	1-800-461-2156
Health Card - Service Ontario	1-800-267-8097
John Howard Society	905-579-8482
Birth Certificate Replacement	
Passport - Passport Canada	1-800-567-6868
SIN - Service Canada	1-800-206-7218 Option 3
FOOD BANK /FOOD SECURITY	
Adventist Community Services (Oshawa)	905-433-8800
Only available to clients in need. Call ahead and delivery available	
Backdoor Mission (Oshawa)	905-728-4664
Take out meal Mon-Sun 10am-1pm/ Washroom open everyday	
Carea Community Health Centre	1-877-227-3217
Food delivery, pick up, homemade soup, breakfast program	
Caremongers Ajax-Pickering	1-888-573-0982
Grocery support, delivery, errands, resources and more.	
Clarington East Food bank (Newcastle)	
Food bank Tues & Thurs 11-2pm	905-987-1418
Gate 3:16 (Oshawa)	905-432-5316
Drop-In meals, meal tickets, hygiene items & support	
St. Paul's on the Hill (Pickering)	
Food bank Tues & Fri 10-12	905-839-9537
St. Peter's Anglican Church (Oshawa)	
Food bank Tues 6:30-7:30	905-728-8080
Simcoe Hall Settlement House (Oshawa)	
Food bank Mon, Tues, Thurs, Fri 9-3	905-728-7525
Salvation Army - Food Bank	
Ajax/Pickering	905-427-7123
Bowmanville	905-623-2185
Oshawa	905-723-7422
Whitby	905-430-3454
HYGIENE HUB	
Provide hygiene products, shower facilities and screening for covid 19	
Ajax Community Centre- 75 Centennial Road	
Dunbarton High School- 655 Sheppard Avenue	
LGBT	
Colours Group Online - Carea	905-903-3512
LGBTQ2S+ youth & allies (13-18 yrs) Thurs 4-5pm	
Lesbian, Gay, Bi, Trans Youth Line	1-800-268-9688
Peer Support line 4- 9:30pm Sun to Fri	Text 647-694-4275

LGBT (CONTINUED)	
Prism Group - Carea Community Health Centre (Oshawa)	1-877-277-3217 ext.1201
LGBTQ2S+ youth & allies (18-29 yrs) Tues 6:30-8:00pm	
Pride Line Durham	1-800-452-0688
Telephone support 6:00-10:00 pm 7 days/week	
PFLAG Durham	905-231-0533 or
Peer support groups online & support for LGBT youth and allies	1-888-530-6777 ext 533
YOUTH OUTREACH WORKERS	
Youth Outreach Workers (YOWs) work with youth aged 12 to 21 to inform them about the programs and services available. YOWs support youth to become healthy, safe, engaged, & educated. YOWs assist youth in making informed and positive decisions for themselves.	
Boys and Girls Club of Durham (Courtice, Oshawa Whitby)	905-728-5121
3 YOWs available	ext. 501, 502 or 263
Carea Community Health Centre (Durham Region)	
2 YOWs available	905-420-0333 or cells: 905-903-3512 or 905-903-3612
For info about other local supports and services 24 hrs /day 7 days/week in 100+ languages dial: 211	
<h1>Youth Services Guide (During Covid19) 2020</h1>  <p>This guide was produced by</p>  <p>Youth Outreach Workers (Y.O.W.) for more information on the guide call Carea CHC (1-877-227-3217)</p> <p>Funded By: Ministry of Children, Community and Social Services</p>	

