CRISIS	
CRISIS	911
Distress Centre Durham	011
24-hr telephone counselling, crisis and	905-430-2522 or
suicide intervention and referral	1-800-452-0688
Durham Mental Health Services	1 000 402 0000
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
Trontenac Touth Services	1-000-434-0273
Kids Help Phone	1-800-668-6868
Victim Services of Durham Region	1-888-579-1520
	ext.3400
ABUSE & DOMESTIC VIO	<u>LENCE</u>
Bethesda House - Bowmanville	905-623-6050 or
24-hr support line & shelter	1-800-338-3397
Durham Children`s Aid Society	
If you are being abused or fear for	905-433-1551 or
your safety (ages 0 to 16)	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/Sexu	al Assault
Care Centre	905-576-8711
Medical	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	1-866-437-4066
The Denise House	
24-hr crisis line & shelter for abused	905-728-7311 or
women, counselling & children's programs	1-800-263-3725
YWCA Durham	
24-hr crisis line & shelter for women	905-576-2997 or
dealing with abuse	1-888-576-2997
COUNSELLING & SUPF	PORT
Bereaved Families of Ontario, Durham Ro	
Support for families and individuals who	
have lost a significant person	1-800-387-4870

COUNSELLING & SUPPORT (C	CONTINUED)
Centralized Intake	
Intake and referral for all children's mental	1-888-454-627
health services in Durham Region	
Catholic Family Services of Durham	
Ajax/Oshawa	905-428-1984
Oshawa (intake)	905-725-3513 o
Couple, ind, child & family counselling	1-877-282-893
Carea Community Health Centre	
Oshawa	905-723-003
Ajax	905-428-1212
Whitby Children & Youth Team	905-723-003
(up to age 24)	ext. 320
COPE Mental Health (Serving adults 18+	
Ajax/Pickering	905-837-001
Clarington	905-623-226
Oshawa	905-430-561
Whitby	905-430-561
Durham Counselling Walk-in Clinic	905-428-121
Counselling for children & youth aged 3	
to 19 and their families at Carea (Ajax Site)	
Wednesdays from 1pm-8pm (Last Session	6:30pm)
Family Services Durham	
Ajax	905-683-345
Whitby (intake)	905-666-624
Couple, ind, child & family counselling	1-866-840-669
Frontenac Youth Services	
Support for youth 12-18 with behavioural	905-579-1551 o
emotional, psychiatric & learning difficulty	1-877-455-552
Hearth Place Cancer Support Centre	905-579-483
John Howard Society	
Clarington	905-623-681
Oshawa	905-579-848
Whitby	905-666-884
Kinark Child & Family Services	
Children's mental health organization;	905-668-2411 o
Individual, couple & family counselling	1-888-454-627
Ontario Shores Centre for Mental Health	
Psychiatric/psychological assessment	
& counselling	905-430-405
Salvation Army - Family Services	
Oshawa	905-723-742
Whitby	905-430-345

DRUG & ALCOHOL & GAMBLI	NG ISSUES
Alcoholics Anonymous/Alateen/Al-anon	1-877-404-5591
Support for recovering alcoholics or young	905-728-1020 or
people affected by others drinking	1-888-425-2666
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	
Ajax	905-683-5950
Bowmanville	905-697-2746
Oshawa	905-571-3344
Port Perry	905-985-4721
24-hr crisis line	905-723-8195 or
	1-888-881-8878
Project X-change (John Howard Society)	
Needle exchange program; clean supplies	905-440-5410 or
& safer use info at office & mobile sites	905-440-5387
YMCA Youth Gambling Awareness Progr	ram
Awareness & education programs	905-903-5995
ALTERNATIVE EDUCA	TION
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	905-428-7161
Oshawa	905-438-0570
Whitby	905-666-1146
•	
Learning Earning & Parenting (LEAP)	
	905-432-2929
Learning Earning & Parenting (LEAP) High school for young parents on OW PHYSICAL & SEXUAL HE	
High school for young parents on OW	
High school for young parents on OW PHYSICAL & SEXUAL HE	
High school for young parents on OW PHYSICAL & SEXUAL HE AIDS Committee Durham	EALTH
High school for young parents on OW PHYSICAL & SEXUAL HE AIDS Committee Durham HIV/AIDS related services & supports	905-576-1445
High school for young parents on OW PHYSICAL & SEXUAL HE AIDS Committee Durham HIV/AIDS related services & supports AIDS Hotline	905-576-1445
High school for young parents on OW PHYSICAL & SEXUAL HE AIDS Committee Durham HIV/AIDS related services & supports AIDS Hotline Carea Community Health Centre (Ajax)	905-576-1445
High school for young parents on OW PHYSICAL & SEXUAL HE AIDS Committee Durham HIV/AIDS related services & supports AIDS Hotline Carea Community Health Centre (Ajax) A community health centre for youth aged	905-576-1445 1-800-668-2437 905-428-1212
High school for young parents on OW PHYSICAL & SEXUAL HE AIDS Committee Durham HIV/AIDS related services & supports AIDS Hotline Carea Community Health Centre (Ajax) A community health centre for youth aged 13-29 in Ajax/Pickering	905-576-1445 1-800-668-2437 905-428-1212
High school for young parents on OW PHYSICAL & SEXUAL HE AIDS Committee Durham HIV/AIDS related services & supports AIDS Hotline Carea Community Health Centre (Ajax) A community health centre for youth aged 13-29 in Ajax/Pickering	905-576-1445 1-800-668-2437 905-428-1212

PHYSICAL & SEXUAL HEALTH	(CONTINUED
Durham Region Domestic Violence/Sexu	ıal Assault
Care Centre	905-576-871
emotional support for anyone	ext. 232
needs info about medical & sexual	ext. 328
violence.	ext. 328
Durham Region Sexual Health Clinics	1-800-314-853
Oshawa	905-433-890
Pickering	905-420-878
Port Perry	905-985-489
Telehealth Ontario	1-866-797-000
WELFARE & FINANC	<u>IAL</u>
Durham Region Social Services Ontario	Works
General Intake	1-877-678-633
Ajax/Pickering Intake	905-428-898
YOUTH CENTRES	
Boys and Girls Club of Durham	905-728-512
CMHA - YASP Program	
Programs, meals, showers, OW trustee	905-436-876
Girl's Inc	
Girls programs on success, health &	905-428-8111
critical thinking	1-877-447-579
Municipal Youth Programs	
Ajax	905-619-252
Oshawa	905-436-331
Pickering	905-420-466
Whitby	905-430-430
The Fire House (Bowmanville)	905-623-681
The Refuge (Oshawa)	905-404-242
HOUSING & SHELTI	<u>ER</u>
Bethesda House - Bowmanville	905-623-6050
24-hr crisis line & shelter	1-800-338-339
Cornerstone Community Association	
Emergency hostel for males aged 16+	905-433-025
Durham Region Housing Services	905-666-6222
	1-800-372-110
Durham Region Non-profit Housing	905-436-661
Corporation	
Housing Help Durham (CDCD)	1-866-746-369
Housing stability, lists & search support	905-686-266
il lousing stability, lists & search support	
Joanne's House	
	905-239-947

HOUSING & SHELTER (COI	NTINUED)
Herizon House	
24-hr crisis line & shelter for women	
dealing with abuse	1-866-437-4066
John Howard Society - Housing Services	3
Oshawa	905-579-8482
Bowmanville	905-623-6814
Whitby	905-666-8847
John Howard Society - Residential Progi	ram
For both male and female youth designed	
to assist youth in living independently	905-718-1256
Muslim Welfare Home	
Emergency shelter for females of all	905-665-0424 o
faiths, aged 16+ and their children	1-866-6661118
SafeHope Home Long-Tern	n Residential
info@safehopehome.com	
The Denise House	
24-hr crisis line & shelter for abused	905-728-7311 o
women, counselling & children's programs	1-800-263-372
YWCA Durham	
24-hr crisis line & shelter for women	905-576-2997 o
dealing with abuse	1-888-576-2997
EMPLOYMENT	
Agilec	
Ajax	905-426-8337
Courtice	905-720-311
Durham Region Employment Network	905-720-1777
Unemployed Help Centre	905-579-182
Durham College Community Employmer	nt Services
Bowmanville	905-697-4472
Oshawa	905-438-104
John Howard Society - Employment Serv	vices
Oshawa	905-579-8482
Whitby	905-666-8847
META Vocational Services	905-725-0087
VPI	
Ajax	905-683-3529
Oshawa	905-571-330
YMCA Durham Employment Services	300 07 1 000
Pickering	905-427-7670
Whitby	905-668-0044
LEGAL	303-000-004-
Durham Family Court Clinic	905-436-6754

LEGAL (CONTINUE	<u>:D)</u>
Durham Legal Aid	905-576-2334 o
	1-800-668-8258
Durham Community Legal Clinic	905-728-7321 o
landlord, tenant & small claims	1-888-297-2202
Family Law Information Centre (FLIC)	905-743-2800
Luke's Place	905-728-097
Assists abuse survivors with family law	
ANGER MANAGEME	<u>ENT</u>
Boys and Girls Club of Durham	905-728-512
Community Justice Alternatives	905-683-861
John Howard Society	
Ajax	905-427-816
Whitby	905-666-8847
Oshawa	905-579-848
Bowmanville	905-623-681
Salvation Army - Family Services	
Oshawa	905-723-742
Whitby	905-430-345
PREGNANCY / YOUNG PARE	NT SUPPORT
Carea Community Health Centre	
Ajax	905-428-121
Oshawa	905-723-003
Durham Regional Health Department	
Healthy Babies Healthy Children	
Infant & Child Development Program	905-666-6241 or
SMILE	1-800-841-2729
Postpartum Depression Support	
Family & Community Action Program	905-686-6466 0
Parenting programs (0–6 yrs)	1-800-214-716
Food 4 Thought	905-428-811
Pre/post natal nutrition program, coordinat	ed by Girls Inc.
Motherisk Info Line	1-877-439-2744
Early on Child and Family Centre	
Ajax	905-619-456
Bowmanville	905-697-317
Newcastle	905-987-691
Oshawa	905-723-992
Pickering	905-839-300
Port Perry	905-985-282
Whitby	905-666-479
Rose of Durham	
Oshawa	905-432-362
Oshawa	303-432-302

PREGNANCY/YPS CONTI	NUED
The Pregnancy Help Centre of Durham	
Ajax	905-619-987
Oshawa	905-720-325
24-hr line	1-800-712-435
Volunteer-run, pro-life organization	
IDENTIFICATION	
Birth Cert Office of Registrar General	1-800-461-215
Health Card - Service Ontario	1-800-267-809
John Howard Society	905-579-848
Birth Certificate Replacement	
1st Wednesday of each month @ 8:00am	
Oshawa Site	
Passport - Passport Canada	1-800-567-686
SIN - Service Canada	1-800-622-623
FOOD BANK /FOOD SEC	
Adventist Community Services (Oshawa)	
Food bank Wed 12:30-2:45 & Thurs 9-2:45	905-433-880
Backdoor Mission (Oshawa)	303-433-000
Meal tickets, food pantry, & meals	905-728-466
Clarington East Food bank (Newcastle)	000 720 400
Food bank Tues 1-4 & Thurs 10-1	905-987-141
	903-907-141
Eating Well Ministries (Oshawa) Food bank Mon-Fri 9-12	905-579-170
	905-432-531
Gate 3:16 (Oshawa)	
Drop-In meals, meal tickets, hygiene items &	support
St. Paul's on the hill (Pickering)	005 000 050
Food bank Tues & Fri 10-12	905-839-953
St. Peter's Anglican Church (Oshawa)	
Food bank Tues 6-7	905-728-808
Simcoe Hall Settlement House (Oshawa)	
Food bank Mon, Tues, Thurs, Fri 9-3	905-728-752
Salvation Army - Food Bank	
Ajax/Pickering	905-427-712
Bowmanville	905-623-218
Oshawa	905-723-742
Whitby	905-430-345
<u>LGBT</u>	
Colours Group - Carea Community Health (Ajax)	905-428-121
LGBT youth & allies (13-20 yrs) Thurs 6:30-7	7:45pm
` ,	1-800-268-9688 c
	ext 647-694-427

LGBT (CONTINUED)

Open Doors - Durham Boys & Girls

Club (Oshawa) 905-728-5121

Group for LGBTQ youth & allies age 15-21 Tues 7-8:30pm

PFLAG Durham 905-231-0533

Monthly coffee nights & support for LGBT youth and allies

Pride Line Durham 1-855-877-7433

Telephone support 6:00-10:00 pm 7 days/week

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 905-428-1212 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: 2

Youth Services Guide 2018



This guide was produced by



Youth Outreach Workers (Y.O.W.)

for more information on the guide call Carea CHC (905-428-1212)

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