

**CRISIS**

<b>CRISIS</b>	<b>911</b>
<b>Distress Centre Durham</b>	
24-hr telephone counselling, crisis and suicide intervention and referral	905-430-2522 or 1-800-452-0688
<b>Durham Mental Health Services</b>	
Short term crisis beds/mobile crisis team	905-666-0483
24-hr crisis line	1-800-742-1890
<b>Frontenac Youth Services</b>	1-888-454-6275
<b>Kids Help Phone</b>	1-800-668-6868
<b>Victim Services of Durham Region</b>	1-888-579-1520 ext.3400

**ABUSE & DOMESTIC VIOLENCE**

<b>Bethesda House - Bowmanville</b>	905-623-6050 or 1-800-338-3397
24-hr support line & shelter	
<b>Durham Children's Aid Society</b>	
If you are being abused or fear for your safety (ages 0 to 16)	905-433-1551 or 1-800-461-8140
<b>Durham Rape Crisis Centre</b>	
24-hr crisis line, counselling and support groups for recent or past abuse	905-668-9200
<b>Durham Region Domestic Violence/Sexual Assault Care Centre</b>	905-576-8711 ext. 3286
Medical	
emotional support for anyone who has experienced or who needs info about sexual violence, services & community referrals	
<b>DRIVEN</b>	1-877-723-3905
<b>Fem-aide (Francophone helpline)</b>	1-877-336-2433
<b>Herizon House</b>	
24-hr crisis line & shelter for women dealing with abuse	1-866-437-4066
<b>The Denise House</b>	
24-hr crisis line & shelter for abused women, counselling & children's programs	905-728-7311 or 1-800-263-3725
<b>YWCA Durham</b>	
24-hr crisis line & shelter for women dealing with abuse	905-576-2997 or 1-888-576-2997

**COUNSELLING & SUPPORT**

<b>Bereaved Families of Ontario, Durham Region</b>	
Support for families and individuals who have lost a significant person	1-800-387-4870

**COUNSELLING & SUPPORT (CONTINUED)**

<b>Centralized Intake</b>	
Intake & referral for all children's mental health services in Durham Region	1-888-454-6275
<b>Catholic Family Services of Durham</b>	
Ajax/Oshawa	905-428-1984
Oshawa (intake)	905-725-3513 or 1-877-282-8932
Couple, ind, child & family counselling	
<b>Carea Community Health Centre</b>	
Oshawa	905-723-0036
Ajax/Pickering	905-428-1212
Whitby Children & Youth Team (up to age 24)	905-723-0036 ext. 3200
<b>COPE Mental Health (Serving adults 18+)</b>	
Ajax/Pickering	905-837-0017
Clarington	905-623-2261
Oshawa	905-430-5613
Whitby	905-430-5613
<b>Durham Counselling Walk-in Clinic</b>	905-723-0036 x3203
Counselling for children & youth 3-19 and their families at Carea (Whitby Mall Site) Wednesdays from 1pm-8pm (Last Session 6:30pm)	
<b>Family Services Durham</b>	
Ajax	905-683-3451
Whitby (intake)	905-666-6240
Couple, ind, child & family counselling	1-866-840-6697
<b>Frontenac Youth Services</b>	
Support for youth 12-18 with behavioural emotional, psychiatric & learning difficulty	905-579-1551 or 1-877-455-5527
<b>Hearth Place Cancer Support Centre</b>	905-579-4833
<b>John Howard Society</b>	
Clarington	905-623-6814
Oshawa	905-579-8482
Whitby	905-666-8847
<b>Kinark Child &amp; Family Services</b>	
Children's mental health organization; Individual, couple & family counselling	905-668-2411 or 1-888-454-6275
<b>Ontario Shores Centre for Mental Health Sciences</b>	
Psychiatric/psychological assessment & counselling	905-430-4055
<b>Salvation Army - Family Services</b>	
Oshawa	905-723-7422
Whitby	905-430-3454

**DRUG & ALCOHOL & GAMBLING ISSUES**

<b>Alcoholics Anonymous/Alateen/Al-anon</b>	1-877-404-5591
Support recovering alcoholics or young people affected by others drinking	905-728-1020 or 1-888-425-2666
<b>Drug &amp; Alcohol Helpline</b>	1-800-585-8603
<b>Narcotics Anonymous</b>	1-888-811-3887
Support for recovering drug users	
<b>Ontario Problem Gambling Helpline</b>	1-888-230-3505
<b>Pinewood Centre</b>	
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
<b>Project X-change (John Howard Society)</b>	
Needle exchange program; clean supplies & safer use info at office & mobile sites	905-440-5410 or 905-440-5387
<b>YMCA Youth Gambling Awareness Program</b>	
Awareness & education programs	905-903-5995
<b>ALTERNATIVE EDUCATION</b>	
<b>Durham Alternative Secondary School</b>	
DASS Oshawa	905-579-1990
DASS Pickering	905-839-2913
DASS Port Perry/Uxbridge	905-985-4947
Teen Parent Programs	905-242-1753
<b>Durham Catholic District School Board - Alternative Ed.</b>	
Ajax	905-428-7161
Oshawa	905-438-0570
Whitby	905-666-1146
<b>Learning Earning &amp; Parenting (LEAP)</b>	
High school for young parents on OW	905-432-2929
<b>PHYSICAL &amp; SEXUAL HEALTH</b>	
<b>AIDS Committee Durham</b>	
HIV/AIDS related services & supports	905-576-1445
<b>AIDS Hotline</b>	1-800-668-2437
<b>Carea Community Health Centre</b>	
Oshawa	905-723-0036
Ajax/Pickering	905-428-1212
<b>Durham Health Connection Line</b>	
Public health nurses provide information	1-800-841-2729

**PHYSICAL & SEXUAL HEALTH (CONTINUED)**

<b>Durham Region Domestic Violence/Sexual Assault Care Centre</b>	905-576-8711 ext. 2328
emotional support for anyone who needs info about medical & sexual violence.	ext. 3286 ext. 3286
<b>Durham Region Sexual Health Clinics</b>	1-800-314-8533
Oshawa	905-433-8901
Pickering	905-420-8781
Port Perry	905-985-4891
<b>Telehealth Ontario</b>	1-866-797-0000
<b>WELFARE &amp; FINANCIAL</b>	
<b>Durham Region Social Services Ontario Works</b>	
General Intake	1-877-678-6333
Ajax/Pickering Intake	905-428-8982
<b>YOUTH CENTRES</b>	
<b>Boys and Girls Club of Durham</b>	905-728-5121
<b>CMHA - YASP Program</b>	
Programs, meals, showers, OW trustee	905-436-8760
<b>Girl's Inc</b>	
Girls programs on success, health & critical thinking	905-428-8111 or 1-877-447-5795
<b>Municipal Youth Programs</b>	
Ajax	905-619-2529
Oshawa	905-436-3311
Pickering	905-420-4660
Whitby	905-430-4300
<b>The Fire House (Bowmanville)</b>	905-623-6814
<b>The Refuge (Oshawa)</b>	905-404-2420
<b>HOUSING &amp; SHELTER</b>	
<b>Bethesda House - Bowmanville</b>	905-623-6050 or 1-800-338-3397
24-hr crisis line & shelter	
<b>Cornerstone Community Association</b>	
Emergency hostel for males aged 16+	905-433-0254
<b>Durham Region Housing Services</b>	905-666-6222 or 1-800-372-1102
<b>Durham Region Non-profit Housing Corporation</b>	905-436-6610
<b>Housing Help Durham (CDCD)</b>	1-866-746-3696
Housing stability, lists & search support	905-686-2661
<b>Joanne's House</b>	
Emergency hostel for youth aged 16-24	905-239-9477

**HOUSING & SHELTER (CONTINUED)**

**Herizon House**  
24-hr crisis line & shelter for women  
dealing with abuse 1-866-437-4066

**John Howard Society - Housing Services**  
Oshawa 905-579-8482  
Bowmanville 905-623-6814  
Whitby 905-666-8847

**John Howard Society - Residential Program**  
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  
faiths, aged 16+ and their children 905-665-0424 or  
1-866-6661115

**SafeHope Home** Long-Term Residential  
info@safehopehome.com

**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

**EMPLOYMENT**

**Agilec**  
Ajax 905-426-8337  
Courtice 905-720-3111

**OREN** 905-720-1777  
**Unemployed Help Centre** 905-579-1821

**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

**META Vocational Services** 905-725-0087

**VPI**  
Ajax 905-683-3529  
Oshawa 905-571-3301

**YMCA Durham Employment Services**  
Pickering 905-427-7670

Whitby 905-668-0044

**LEGAL**

**Durham Family Court Clinic** 905-436-6754

**LEGAL (CONTINUED)**

**Durham Legal Aid** 905-576-2334 or  
1-800-668-8258

**Durham Community Legal Clinic** 905-728-7321 or  
landlord, tenant & small claims 1-888-297-2202

**Family Law Information Centre (FLIC)** 905-743-2800  
**Luke's Place** 905-728-0978

Assists abuse survivors with family law

**ANGER MANAGEMENT**

**Boys and Girls Club of Durham** 905-728-5121

**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/Pickering 905-428-1212  
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

**Family & Community Action Program** 905-686-6466 or  
Parenting programs (0-6 yrs) 1-800-214-7163

**Food 4 Thought** 905-428-8111  
Pre/post natal nutrition program, coordinated by Girls Inc.

**Motherisk Info Line** 1-877-439-2744

**EarlyON Child and Family Centre**

Ajax 905-619-4565  
Bowmanville 905-697-3171  
Newcastle 905-987-6914  
Oshawa 905-723-9922  
Pickering 905-839-3007  
Port Perry 905-985-2824  
Whitby 905-666-4794

**Rose of Durham**

Oshawa 905-432-3622  
Ajax/Pickering (Outreach Worker) 905-410-3622

**PREGNANCY/YPS (CONTINUED)**

**The Pregnancy Help Centre of Durham**  
Ajax 905-619-9878  
Oshawa 905-720-3252  
24-hr line 1-800-712-4357

Volunteer-run, pro-life organization

**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

1st Wednesday of each month @ 8:00am

Oshawa Site

**Passport - Passport Canada** 1-800-567-6868

**SIN - Service Canada** 1-800-622-6232

**FOOD BANK/FOOD SECURITY**

**Adventist Community Services (Oshawa)**

Food bank Wed 12:30-2:45 & Thurs 9-2:45 905-433-8800

**Backdoor Mission (Oshawa)**

Meal tickets, food pantry, & meals 905-728-4664

**Clarington East Food bank (Newcastle)**

Food bank Tues 1-4 & Thurs 10-1 905-987-1418

**Eating Well Ministries (Oshawa)**

Food bank Mon-Fri 9-12 905-579-1706

**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 6-7 905-728-8080

**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

**LGBT**

**Colours Group - Carea Community Health Centre (Ajax)** 905-428-1212

LGBT youth & allies (13-20 yrs) Thurs 6:30-7:45pm

**Lesbian, Gay, BI, Trans Youth Line** 1-800-268-9688 or

Peer Support line 4- 9:30pm Sun to Fri text 647-694-4275

**LGBT (CONTINUED)**

**Pride Line Durham** 1-855-877-7433  
Telephone support 6:00-10:00 pm 7 days/week

**PFLAG Durham** 905-231-0533  
Monthly coffee nights & support for LGBT youth and allies

**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: 211

# Youth Services Guide 2019



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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