

CRISIS	
In an immediate crisis call	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 & 24-hr crisis line	905-666-0483 or 1-800-742-1890
Frontenac Youth Services	
Crisis response line 24-hr	1-800-742-1890
Kids Help Phone	1-800-668-6868
Victim Services of Durham Region	1-888-579-1520 ext. 1846
ABUSE & DOMESTIC VIOLENCE	
Bethesda House - Bowmanville	905-623-6050 or 1-800-338-3397
24-hr crisis line & shelter	
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	905-576-8711
Medical & emotional support for anyone who has experienced or who needs info about sexual violence, services & community referrals	ext. 3286 or 905-721-6128 ext. 2787 or 911
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 women, counselling & childrens programs	905-728-7311 or 1-888-576-2997
YWCA Durham	
24-hr crisis line & shelter for women dealing with abuse	905-576-2997 or 1-888-576-2997
COUNSELLING & SUPPORT	
Bereaved Families of Ontario, Durham Region	
Support for families and individuals who have lost a significant person	905-579-4293 or 1-800-387-4870

COUNSELLING & SUPPORT (CONTINUED)	
Centralized Intake	
Intake and referral for all children's mental health services in Durham Region	1-888-454-6275
Catholic Family Services of Durham	
Ajax	905-428-1984
Oshawa (intake)	905-725-3513 or
Couple, ind, child & family counselling	1-877-282-8932
COPE Mental Health	
Ajax/Pickering	905-837-0017
Bowmanville	905-623-4123
Oshawa	905-666-0689
Whitby	905-668-6223
Durham Counselling Walk-in Clinic	
Counselling for children & youth aged 3 to 19 and their families at The Youth Centre Wednesdays from 1pm-8pm	905-428-1212
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	905-427-8165
Whitby	905-666-8847
Oshawa	905-579-8482
Bowmanville	905-623-6814
Kinark Child & Family Services	
Children's mental health organization; individual family & group counselling	905-668-2411 or 1-888-454-6275
Oshawa Community Health Centre	
Individual, couple & family counselling	905-723-0036
Ontario Shores: Centre for Mental Health Sciences	
Psychiatric/psychological assessment & counselling	905-430-4055
Salvation Army - Family Services	
Oshawa	905-723-7422
Whitby	905-430-3454
The Youth Centre	
A community health centre for youth offering counselling service to youth 13-29	905-428-1212

DRUG & ALCOHOL & GAMBLING ISSUES	
Drug & Alcohol Helpline	1-800-565-8603
Narcotics Anonymous	1-888-811-3887
Support for recovering drug users	
Alcoholics Anonymous/Alateen/Al-anon	
Support for recovering alcoholics or young people affected by others drinking	905-728-1020 or 1-800-921-3555
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 & 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
ALTERNATIVE EDUCATION	
Durham Alternative Secondary School	
DASS Oshawa	905-579-1990
DASS Pickering	905-839-2913
DASS Port Perry/Uxbridge	905-242-1710
CBLP Oshawa	905-434-1716
CBLP Pickering	905-421-9622
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)	905-428-7400
High school for young parents on OW	ext. 359
PHYSICAL & SEXUAL HEALTH	
AIDS Committee Durham	
HIV/AIDS related services & supports	905-576-1445
Durham Health Connection Line	
Public health nurses provide information	1-800-841-2729
Durham Region Domestic Violence/Sexual Assault Care Centre	905-576-8711
Medical & emotional support for anyone who has experienced or who needs info about sexual violence	ext. 3286 or 905-721-6128 ext. 2787

PHYSICAL & SEXUAL HEALTH (CONTINUED)	
Durham Region Sexual Health Clinics	1-800-314-8533
Oshawa	905-433-8901
Pickering	905-420-8781
Port Perry	905-985-4891
AIDS Hotline	1-800-668-2437
Oshawa Community Health Centre	905-723-0036
Telehealth Ontario	1-866-797-0007
The Youth Centre	
A community health centre for youth aged 13-29 in Ajax/Pickering	905-428-1212
WELFARE & FINANCIAL	
Durham Region Social Services Ontario Works	
General Intake	1-877-678-6333
Ajax/Pickering Intake	905-428-8982
YOUTH CENTRES	
Boys and Girls Club of Durham	905-728-5121
CMHA - YASP Program	
Programs, meals, showers, OW trustee	905-436-8760
The Fire House (Bowmanville)	905-623-6814
The Refuge (Oshawa)	905-404-2420
Municipal Youth Programs	
Ajax	905-619-2529
Oshawa	905-436-3311
Pickering	905-420-4660
Whitby	905-430-4300
Girl's Inc	
Girls programs on success, health & critical thinking	905-428-8111 or 1-877-447-5795
HOUSING & SHELTER	
Bethesda House - Bowmanville	905-623-6050 or 1-800-338-3397
24-hr crisis line & shelter	
Community Development Council Durham	
Housing stability program	1-866-746-3696
Cornerstone Community Association	
Emergency hostel for males aged 16+	905-433-0254
Durham Region Housing Services	905-666-6222 or 1-800-372-1102
Durham Region Non-profit Housing Corporation	905-436-6610
Housing Help Durham (CDCD)	
Housing stability, lists & search support	905-686-2661
Joanne's House	
Emergency hostel for youth aged 16-24	905-239-9477


<u>HOUSING & SHELTER (CONTINUED)</u>	
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
North House Transitional Housing	905-432-8654 or 1-877-406-8723
Muslim Welfare Home	
Emergency shelter for females of all faiths, aged 16+ and their children	905-665-0424 or 1-866-6661115
The Denise House	
24-hr crisis line & shelter for abused women, counselling & childrens programs	905-728-7311 or 1-888-576-2997
YWCA Durham	
24-hr crisis line & shelter for women dealing with abuse	905-576-2997 or 1-888-576-2997
<u>EMPLOYMENT</u>	
Durham Region Employment Network	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
Northern Lights	
Ajax	905-426-8337
Courtice	905-720-3111
V.P.I.	
Ajax	905-683-3529
Oshawa	905-571-3301
YMCA Durham Employment Services	
Pickering	905-427-7670
Whitby	905-668-0044
<u>LEGAL</u>	
Durham Family Court Clinic	905-436-6754

<u>LEGAL (CONTINUED)</u>	
Durham Legal Aid	905-576-2334 or 1-800-668-8258
Family Law Information Centre (FLIC)	905-743-2800
Luke's Place	905-728-0978
Assists abuse survivors with family law	
Durham Community Legal Clinic	905-728-7321 or 1-888-297-2202
landlord, tenant & small claims	
<u>ANGER MANAGEMENT</u>	
Boys and Girls Club of Durham	905-728-5121
Community Justice Alternatives	905-683-8615
John Howard Society	
Ajax	905-427-8165
Whitby	905-666-8847
Oshawa	905-579-8482
Bowmanville	905-623-6814
Salvation Army - Family Services	
Oshawa	905-723-7422
Whitby	905-430-3454
<u>PREGNANCY / YOUNG PARENT SUPPORT</u>	
Family & Community Action Program	905-686-6466 or 1-800-214-7163
Parenting programs (0-6 yrs)	
Durham Regional Health Department	
Babyville	
Healthy Babies Healthy Children	
Infant & Child Development Program	905-666-6241 or 1-800-841-2729
SMILE	
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
Ontario Early Years Centres	
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	289-385-1160
The Youth Centre	905-428-1212

<u>PREGNANCY/YPS CONTINUED</u>	
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	
<u>IDENTIFICATION</u>	
Birth Cert. - Office of Registrar General	1-800-461-2156
Health Card - Service Ontario	1-800-267-8097
Passport - Passport Canada	1-800-567-6868
SIN - Service Canada	1-800-622-6232
John Howard Society - ID Replacement	
Oshawa	905-579-8482
Bowmanville	905-623-6814
Whitby	905-666-8847
<u>FOOD BANK /FOOD SECURITY</u>	
Adventist Community Services (Oshawa)	
Foodbank Wed 12:30-2:45 & Thurs 9-2:45	905-433-8800
Backdoor Mission (Oshawa)	
Meal tickets, food pantry, & meals	905-728-8143
Clarington East Foodbank (Newcastle)	
Foodbank Tues 1-4 & Thurs 10-1	905-987-1418
Eating Well Ministries (Oshawa)	
Foodbank 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)	
Foodbank Tues & Fri 10-12	905-839-9537
St. Peter's Anglican Church (Oshawa)	
Foodbank Tues 6-7	905-728-8080
Simcoe Hall Settlement House (Oshawa)	
Foodbank Mon, Tues, Thurs, Fri 9-3	905-728-7525
Salvation Army - Food Bank	
Ajax	905-427-7123
Bowmanville	905-623-2185
Oshawa	905-723-7422
Whitby	905-430-3454
<u>LGBTQ</u>	
Colours Group - The Youth Centre (Ajax)	905-428-1212
Group for LGBTQ youth & allies age 13-20 Thurs 6:30-8pm	
Lesbian, Gay, Bi, Trans Youth Line	1-800-268-9688 or text 647-694-4275
Peer Support line 4- 9:30pm Sun to Fri	

<u>LGBTQ (CONTINUED)</u>	
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 LGBTQ youth and allies	
Pride Line Durham	1-855-877-7433
Telephone support 6:00-10:00 pm 7 days/week	
<u>YOUTH OUTREACH WORKERS</u>	
Youth Outreach Workers (YOWs) work with youth aged 12 to 21 to make sure they know about the programs and services available to them. YOWs support youth to become healthy, safe, engaged, & educated. YOWs support 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
The Youth Centre (Pickering, Ajax, Whitby)	
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



This guide was produced by
**The Youth Centre's
Youth Outreach Workers**

2015

for more information on the guide call The Youth Centre
(905-428-1212)

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