

DURHAM COMMUNITY RESOURCES

Individual and Family Treatment, Support Services

Autism Ontario-Durham Region

905-432-5092 (Oshawa).

905-723-8405 (Durham Family Support Worker).

- Dedicated to increasing public awareness about autism and the day-to-day issue faced by individuals with autism, their families, and the professionals with whom they interact.
- Advocacy, government relations and responses to various issues that affect people with autism and their families. and responses to various issues that affect people with autism and their families.

Bereaved Families of Ontario Durham Region

905-579-4293

- Provides support programs to bereaved parents, young adults, and teens.
- Programs offer support where bereaved individuals can learn to live with their grief, decrease their sense of isolation and help adapt to everyday living.

Big Brothers and Sisters

905-985-3733

- Facilitates life-changing relationships that inspire and empower children and youth to reach their potential, both as individuals and citizens.

Catholic Family Services of Durham

905-725-3513

- Dedicated to strengthening the emotional, relational and social well-being of individuals and families, regardless of denomination, through support, counselling and education.

Children's Aid Society of Durham Region

905-433-1551

- Working with families and communities for the safety, stability and wellbeing of children and youth.

CHIMO Youth and Family Services

1-888-454-6275

- Is an accredited children's mental health agency that provides a variety of services to meet the needs of children, youth and their families in the community.

Community Living

905-576-3011

- Community Living Oshawa/Clarington is an accredited, non-profit organization dedicated to supporting the achievement of personal outcomes for people with developmental disabilities.

Durham Behaviour Management Services

905-668-7711

- Individualized behaviour consultation services are available to assist in problem solving specific behavioural concerns.

Durham Family Court Clinic

905-436-6754

- Durham Family Court Clinic has extensive expertise in issues pertaining to separation and divorce, child welfare, and youth in conflict with the law. Assessment, mediation, counselling and psycho-educational programs are the core services provided.

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Durham Infant and Child Development Services (0-6 years)

905-668-7711

- Infant and Child Development is a family centred, early intervention and prevention service available to families with children birth to 6 years, with, or at risk for, delayed development. Infant and Child Development is designed to promote optimal development and school readiness of the young child and family through support and education.

Durham Mental Health Services (16 years or older)

905-448-0453

- Assists people with mental and emotional health issues live to their fullest potential in the community.

Durham Ontario Early Years/Best Start Hubs (0-6 years of age)

905-697-3171

- Ontario Early Years Centres are places where parents and caregivers can: take part with their children in a range of programs and activities, get answers to questions, get information about programs and services that are available for young children and their families, talk to early years professionals, as well as other parents and caregivers in the community.

Durham Region Family Services

905-666-6240

- Family Services Durham (FSD) provides individual, couple and family counselling to people who live or work in Durham Region.

Frontenac Youth Services (12-18 years of age)

1-877-455-5527

- A non-profit Children's Mental Health Centre providing assistance to emotionally and behaviourally disordered adolescents and their families.

Grandview Children's Centre

905-728-1673

- Provides services and support for children and youth with special needs and their families to achieve their personal best.

Healthy Babies Healthy Children Durham (0-6 years of age)

905-666-6241

- Ontario's Healthy Babies Healthy Children (HBHC) program helps children get a healthy start in life. The program helps families during pregnancy and after the baby is born up until transition to school. We provide free home visits by Public Health Nurses and Family Visitors to families who need more support.

John Howard Society of Durham Region

905-666-8847

- a non-profit, social service agency in Ontario Canada. We are dedicated to servicing individuals and families, youth and adults with programs and services in areas such as relationships, counselling, employment, literacy, housing, eviction prevention, crime prevention, harm reduction, parenting and more. Most of our services are free.

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Individual and Family Treatment, Support Services

Kerry's Place Autism Services Kerry's Place
905-579-2720 ext. 21

- Provides community outreach, family support, and accommodation support to individuals with ASD.

Kinark Child and Family Services
1-888-454-6275

- Children's mental health organization that provides services that include individual, family and group counselling for children and youth living with mental health issues. Kinark supports children with Autism Spectrum Disorder and their families as well as offers institutionally and community-based forensic services.

Lake Ridge Community Support Services (7-12 years)
905-666-9688

- Lake Ridge Community Support Services (LRCSS) provides high quality treatment, education and evaluation research services which facilitate the participation and growth of individuals with a diagnosis of Intellectual Disability or Autism Spectrum Disorder within their community

Lakeridge Health Oshawa - Child, Youth and Family Program (5-18 years)
905-576-8711 ext. 4343

- Provides services for children and adolescents, aged 5 to 18, who are struggling with serious mental health issues. They offer crisis intervention, an inpatient unit and outpatient services.

Learning Disabilities Association-Durham Region
905-426-1442

- Mission to advocate, support and educate the Durham community about learning disabilities and to enable persons with learning disabilities to reach their full potential.

Pinewood Centre and Mental Health Services
1-888-881-8878

- Help adults and youth work through their challenges with addictions and/or mental health.
- Wide range of treatment services includes residential withdrawal management services, residential treatment services, structured community based individual and group services, and walk-in and telephone support.

Precious Minds
905-982-0882

- Provides support to families with children and youth who have barriers to learning. This includes the full spectrum of learning, physical, developmental and behavioral disabilities.

Resources for Exceptional Children and Youth of Durham Region
905-427-8862

- Assists families to enhance their child's participation in the community, and support the family to advocate for services that they require.

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Individual and Family Treatment, Support Services

Canadian Mental Health Association, Durham
905-436-8760

- Offer a wide variety of mental health, addiction, and housing services.
- Whether you need a little extra support in managing your day-to-day mental health or require 24/7 supportive housing, they help you find the program that best suits your needs.

Durham Community Health Centre (formally known as Carea Community Health Centre)
1-877-227-3217
info@careachc.ca

- Registered charitable organization providing a variety of free, community programs and services to people of all ages across Oshawa, Whitby, Ajax and Pickering.
- Services include: health promotion and wellness; primary care, counselling and mental health; diabetes education; Hepatitis C screening, treatment support, education and outreach; geriatric assessment & intervention; young parent support, early years, youth, Indigenous and community development programs.

COPE Mental Health Group (age 16+)
905-668-6223 ext. 613

- Community-based program that supports adults with mental health concerns to live in their community.
- The goal is to assist adults age 16 and up with emotional or mental health concerns to remain in the community and function as effectively as possible while maximizing their quality of life.
- Services include support and coping skills groups co-facilitated by trained volunteers and COPE Staff.

Ontario Shores Centre for Mental Health Sciences
905-430-4055

- Public teaching hospital providing a range of specialized assessment and treatment services to those living with complex and serious mental illness.

York Support Services Crisis Line
1-855-310-COPE (2673)

- For Durham residents under 18, partnership with York Support Services Network brings specialized crisis support for children, you and families – specifically geared to child/youth mental health.

ONLINE

Bounce Back Ontario
<https://bouncebackbc.ca/3>

- Free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.
- Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health.
- BounceBack is not a crisis service, psychotherapy or counselling, but a life-skills program.

Togetherall
<https://togetherall.com/en-ca/>

- Unique mental health service offering an anonymous and safe support community, moderated by professionals and counsellors.

Kidsclinic resources (<https://www.kidsclinic.ca/resources.html>)

DURHAM COMMUNITY RESOURCES

Programs and Activities

Durham Farm and Rural Family Resource Centre (0-6 years of age)
905-862-3131

- Provides quality and flexible children's services and programs to farm and rural families in Durham Region.

Eastview Boys and Girls Clubs of Durham
905-728-5121

- Provides a safe, supportive place where all children and youth can experience new opportunities, build positive relationships and develop confidence and skills for life.

Girls Incorporated
905-428-8111

- Provide programs, opportunities, and experiences each girl needs to navigate the many gender, economic and social barriers they face, so they can grow up healthy, educated and independent.

YMCA Family and Community Action Program
905-686-6466

- Provides support to families who have children ages six years of age and under and are at risk of not meeting their optimum potential.
- The risk factors are based on the social determinants of health and include mental health, substance abuse, economic factors, environmental issues, educational levels, teen parents and newcomers to Canada.

YWCA Durham
905-576-6356

- Provides high-quality programs, services and resources that respond to the needs of women, children, youth and families.

DURHAM COMMUNITY RESOURCES

Crisis Lines & Emergency Shelters

Non-Specific Shelters and Crisis Lines

- [Alcohol and Substance Abuse Helpline](#) (1-877-327-4636)
- [Cornerstone Emergency Shelter and Support for Families](#)
 - Visit the website for eligibility qualifications.
- [Distress Centre Durham](#) (905-430-2522 / 1-800-452-0688)
 - 24 hour crisis line.
- [Durham Mental Health Crisis Services](#) (905-666-0483 / 1-800-742-1890)
 - 24 hour crisis line.
- [Gate 3:16](#)
 - Must not be under the influence of drugs/alcohol, non-abusive, must be 24 or older.
- [Good 2 Talk Post-Secondary Student Helpline](#) (1-866-925-5454)
 - 24 hour crisis line for post-secondary students.
- [Ontario Shores Centre for Mental Health Sciences](#) (877-767-9642)
 - 24 hour crisis line.

Women & Children in Abusive Situations

- [Assaulted Women's Helpline](#) (416-863-0511 / 1-866-863-0511)
 - 24 hour crisis line.
- [Bethesda House, Bowmanville](#) (1-800-338-3397)
 - Emergency shelter and 24 hour crisis line
- [The Denise House, Oshawa](#) (1-800-263-3725)
 - Emergency shelter and 24 hour crisis line.
- [Durham Rape Crisis Centre](#) (905-668-9200)
 - 24 hour crisis line.
- [Fem'aide](#) (1-877-336-2433 / 1-866-860-7082)
 - French language 24 hour crisis line.
- [Herizon House, Ajax](#) (1-866-437-4066)
 - Emergency shelter and 24 hour crisis line.
- [Muslim Welfare Home, Whitby](#) (1-866-666-1115)
 - Focuses particularly on the homeless, but is also open for those in abusive situations. There is also an Emergency Hotel Program for those who may not qualify for the Home program
- [Talk4Healing](#) (1-855-554-HEAL)
 - For Aboriginal women living in Ontario.
- [Y's WISH Shelter, Oshawa](#) (1-888-576-2997)
 - Emergency shelter and 24 hour crisis line.

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Crisis Lines & Emergency Shelters

Men in Need

- Cornerstone Community Association (905-433-0254 x228)
 - Single men over 16, single men with dependents, couples with children in their care

Youth in Need

- Joanne's House (905-239-9477)
 - Youth 16-24 housing and support services.
- Kids Help Phone (1-800-668-6868)
 - 24 hour helpline.

Employment

- Durham Region Employment Support
- John Howard Society for Durham Region Employment
- Service Canada Job Bank

Legal Services

- Durham Community Legal Clinic
- Durham Mediation Centre
- Family Law Information Centre (905-579-1988)
- Lawyer Referral Service (1-800-268-8326)
- Legal Aid intake (1-800-668-8258)
- Luke's Place
 - Family law support and guidance for abused women/children

Food Banks

- Feed the Need Durham (Ajax, Oshawa, Whitby, Bowmanville, Beaverton, Cannington, Sunderland)
- Salvation Army (Oshawa and Port Perry)
- Salvation Army (Pickering, Ajax, Uxbridge)
- Salvation Army (Whitby)
- Simcoe Hall Settlement House (Oshawa)

DURHAM COMMUNITY RESOURCES

Accessibility Supports

- [Disability Benefits - Government of Canada](#)
- [DisAbility Doorway - Your One-Stop Accessibility Website](#)
- [Durham Association for Family Respite Services](#)
- [Kerry's Place Autism Services](#)
- [Ontario Disability Support Program \(ODSP\)](#)
- [Participation House Durham](#)
- [Trent University Durham Accessibility Services](#)

Immigrant Services

- [Apply for OHIP and get an Ontario Health Care](#)
 - www.ontario.ca/page/apply-ohip-and-get-health-card
- [Durham Immigration Portal](#)
 - A website of resources for new Durham Region residents, covering housing, jobs, community support, and more.
- [The Newcomer Settlement Program](#)
 - If you are a refugee claimant, a landed immigrant, a visitor, a Work Permit Holder, a Student Visa Holder, a Minister's Permit Holder, or a Canadian Citizen, you are eligible to receive program services.
- [Welcome Centre Immigration Services](#)
 - Ajax, Pickering, and other GTA cities

Medical Services

- [Durham Region Sexual Health Clinics](#)
 - www.durham.ca/en/health-and-wellness/sexual-health.aspx
- [Gate 3:16](#)
 - Medical services offered here include a nurse practitioner who is on site three times a week, an optician, and a foot care specialist.
- [Health Care Connect](#)
 - www.ontario.ca/page/find-family-doctor-or-nurse-practitioner
 - Find a doctor or nurse practitioner in your area.
- [Motherrisk \(1-877-439-2744\)](#)
 - A health call line for parents concerned about their children's health.
- [Telehealth Ontario \(1-866-797-0000\)](#)
 - A phone line manned 24/7 by registered nurses who will answer questions and concerns about your health.
- [Walk-in medical clinics in the Durham Region](#)
 - www.centraleasthealthline.ca/listServices.aspx?id=10072®ion=DurhamRegion
 - This site lists walk-in clinics in Oshawa, Ajax, Pickering, Whitby, Courtice, Port Perry, Bowmanville, Uxbridge, and Toronto.

DURHAM COMMUNITY RESOURCES

Indigenous Services

- [2-Spirited People of the 1st Nations](#) (Toronto)
- [Carea Aboriginal Youth Programs](#)
- [Mississaugas of Scugog Island First Nation Health & Resource Centre](#)
- [Metis Nation of Ontario](#)
- [Native Canadian Centre of Toronto](#)
- [Native Child and Family Services of Toronto](#)
- [Native Women's Resource Centre of Toronto](#)
- [Ontario Aboriginal HIV/AIDS Strategy](#) (Toronto)
- [Talk4Healing](#)

LGBTQ Support & Services

- [2-Spirited People of the 1st Nations](#) (Toronto)
- [AIDS Committee of Durham Region](#)
- [Club 717](#)
- [Durham Personal Counseling Services](#)
- [LGBTQ Parenting Network](#)
- [PFLAG Durham Region](#) (Parents and Families of Gays and Lesbians)
- [The Pink Pages Directory](#)
- [Pride Durham](#)
- [PrideLine Durham](#) (1-855-877-7433)
- [Trent Queer Collective](#) (Peterborough)

DURHAM COMMUNITY RESOURCES

Additional Resources (Websites, Books, Articles)

[About Kids Health- Hospital for Sick Children](#)

[ADDitude Magazine for People with ADHD- Strategies and support for ADHD and LD](#)

[ADDvance Online Resource for Women and Girls With ADHD](#)

[National Resource Center on ADHD](#)

[ADHD and You](#)

[The Centre for ADHD/ADD Awareness](#)

[Parent Talk- General Parenting support](#)

[Caring for Kids -information for parents from Canadian Paediatricians](#)

[Canadian ADHD Resource Alliance \(CADDRA\) - Supporting patients with Attention Deficit Hyperactivity Disorder \(ADHD\) and their families.](#)

[Keys to Parenting Your Anxious Child By Dr. Katharina Manassis \(1996\) - Here's a practical guide that shows parents how to recognize a child's anxieties, and offers specific advice on how to help a child within the context of the family and school environment--and when necessary, where to seek professional help.](#)

[The Explosive Child: a New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children. Ross Greene - One of the most sought-after resources for dealing with behaviourally challenging kids which have profound effects on parents and in the lives of families. And of course it is about developing a comprehensive and creative response to these challenges.](#)

[The Difficult Child by Stanley Turecki - Dr. Stanley Turecki, one of the nation's most respected experts on children and discipline. He offers compassionate and practical advice to parents of hard-to-raise children.](#)

[1-2-3 Magic Parenting Program by Thomas Phelan. Effective discipline for children 2-12. Helping parents raise well-behaved, happy, competent kids and put the fun back into parenting.](#)

[Let me hear your voice: A Family's Triumph over Autism by Catherine Maurice. This book describes a family's struggle to provide treatment for two children with Autism, and how the applied behavioural analysis approach helped them speak and learn.](#)

[Behavioural Intervention For Young Children with Autism a Manual for Parents and Professionals By Catherine Maurice \(1996\). This book is an introduction to treatment utilizing the principles of Applied Behaviour Analysis \(ABA\).](#)

[Durham Reading Centre- Tutoring program are conducted using a one-to-one teacher-student format and adapted to each individual needs.](#)

[Khan Academy - Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom.](#)

[Inspiration Software - Inspires students and creative thinkers to develop strong thinking and organizational skills, improve their academic performance and tap the power of visual thinking.](#)