

CRISIS

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 & 24-hr crisis line	905-666-0483 1-800-742-1890
Frontenac Youth Services	1-888-454-6275
Kids Help Phone	1-800-668-6868
Victim Services of Durham Region	1-888-579-1520 ext.3400
ABUSE & DOMESTIC VIOLENCE	
Bethesda House - Bowmanville	905-623-6050 or 1-800-338-3397
24-hr support 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 ext. 3286
Medical	
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 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
COUNSELLING & SUPPORT	
Bereaved Families of Ontario, Durham Region	
Support for families and individuals who have lost a significant person	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/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
Whitby Children & Youth Team (up to age 24)	905-723-0036 ext. 3206
COPE Mental Health (Serving adults 18+)	
Ajax/Pickering	905-837-0017
Clarington	905-623-2261
Oshawa	905-430-5613
Whitby	905-430-5613
Durham Counselling Walk-in Clinic	905-428-1212
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	905-683-3451
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	
Clarington	905-623-6814
Oshawa	905-579-8482
Whitby	905-666-8847
Kinark Child & Family Services	
Children's mental health organization; Individual, couple & family counselling	905-668-2411 or 1-888-454-6275
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

DRUG & ALCOHOL & GAMBLING ISSUES

Alcoholics Anonymous/Alateen/AI-anon	1-877-404-5591
Support for recovering alcoholics or young people affected by others drinking	905-728-1020 or 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 & 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	905-985-4947
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)	
High school for young parents on OW	905-432-2929
PHYSICAL & SEXUAL HEALTH	
AIDS Committee Durham	
HIV/AIDS related services & supports	905-576-1445
AIDS Hotline	1-800-668-2437
Carea Community Health Centre (Ajax)	
A community health centre for youth aged 13-29 in Ajax/Pickering	905-428-1212
Carea Community Health Centre (Oshawa)	
	905-723-0036
Durham Health Connection Line	
Public health nurses provide information	1-800-841-2729

PHYSICAL & SEXUAL HEALTH (CONTINUED)

Durham Region Domestic Violence/Sexual Assault Care Centre	905-576-8711 ext. 2328
emotional support for anyone	
needs info about medical & sexual violence.	ext. 3286 ext. 3286
Durham Region Sexual Health Clinics	1-800-314-8533
Oshawa	905-433-8901
Pickering	905-420-8781
Port Perry	905-985-4891
Telehealth Ontario	1-866-797-0000
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
Girl's Inc	
Girls programs on success, health & critical thinking	905-428-8111 or 1-877-447-5795
Municipal Youth Programs	
Ajax	905-619-2529
Oshawa	905-436-3311
Pickering	905-420-4660
Whitby	905-430-4300
The Fire House (Bowmanville)	905-623-6814
The Refuge (Oshawa)	905-404-2420
HOUSING & SHELTER	
Bethesda House - Bowmanville	905-623-6050 or 1-800-338-3397
24-hr crisis line & shelter	
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)	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

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

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

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
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

PREGNANCY / YOUNG PARENT SUPPORT

Carea Community Health Centre
Ajax 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

Early on 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
text 647-694-4275

Peer Support line 4- 9:30pm Sun to Fri

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: 211

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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