

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 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		
24-hr crisis line & shelter	905-623-6050 or 1-800-338-3397	
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		
Medical	905-576-8711 ext. 3286	
emotional support for anyone who has experienced or who needs info about sexual violence, services & community referrals	ext. 2328 ext. 3286 ext. 3286 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 & 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	

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 1-866-666-1115
North House Transitional Housing	
	705-432-8654 or 1-877-406-8723
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	
Unemployed Help Centre	905-720-1777 or 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 or 905-839-3845
Whitby	905-668-0044
LEGAL	
Durham Family Court Clinic	
	905-436-6754



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 1-877-282-8932
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	
Ajax/Pickering	905-837-0017
Bowmanville	905-623-4123
Oshawa	905-668-6223
Whitby	905-668-6223
Durham Counselling Walk-in Clinic	
Counselling for children & youth aged 3 to 19 and their families at Carea (Ajax) 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
Bowmanville	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

LEGAL (CONTINUED)	
Durham Legal Aid	
	905-576-2334 or 1-800-668-8258
Durham Community Legal Clinic	
	905-728-7321 or 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 1-800-841-2729
SMILE	
Postpartum Depression Support	
Family & Community Action Program	
Parenting programs (0-6 yrs)	905-686-6466 or 1-800-214-7163
Food 4 Thought	
Pre/post natal nutrition program, coordinated by Girls Inc.	905-428-8111
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

DRUG & ALCOHOL & GAMBLING ISSUES	
Alcoholics Anonymous/Alateen/Al-ano	
Support for recovering alcoholics or young people affected by others drinking	1-877-404-5591 or 905-728-1020 or 1-888-425-2666
Drug & Alcohol Helpline	
	1-800-565-8603
Narcotics Anonymous	
Support for recovering drug users	1-888-811-3887
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 (alternative learning for under 16)	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

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 - ID Replacement	
Oshawa	905-579-8482
Bowmanville	905-623-6814
Whitby	905-666-8847
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 9-2:4	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)	
Drop-In meals, meal tickets, hygiene items & support	905-432-5316
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	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	

PHYSICAL & SEXUAL HEALTH (CONTINUED)	
Durham Region Domestic Violence/Sexual Assault Care Centre	
emotional support for anyone	905-576-8711 ext. 2328
needs info about medical & sexual violence.	ext. 3286
Durham Region Sexual Health Clinics	
Oshawa	1-800-314-8533 or 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	
24-hr crisis line & shelter	905-623-6050 or 1-800-338-3397
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	1-866-746-3696 or 905-686-2661
Joanne's House	
Emergency hostel for youth aged 16-24	905-239-9477

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	
Monthly coffee nights & support for LGBTQ youth and allies	905-231-0533
Pride Line Durham	
Telephone support 6:00-10:00 pm 7 days/week	1-855-877-7433
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)	
3 YOWs available	905-728-5121 ext. 501, 502 or
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	
 <p>This guide was produced by</p>  <p>Youth Outreach Workers (Y.O.W.)</p> <p>for more information on the guide call Carea CHC (905-428-1212)</p> <p>Funded by the Ministry of Children and Youth Services</p>	

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