

Welcome to Northbook,
your community resource guide for
services to support basic needs & prevent
homelessness in north Durham Region.

As the Homelessness Prevention Outreach
Worker, I am pleased to offer this booklet
to aid the residents of Brock, Scugog and
Uxbridge Townships.

As a much needed role identified by the
North Durham Social Development
Council, it is my job to help people access
the services they need & to promote the
services that are available,
most of which are
FREE OF CHARGE.

Many of the organizations in this book
have outreach services which means they
will come into your community to
provide the service.

Northbook is also available on-line
www.durham.ca search – northbook
To locate websites please type in service
name thru bing.com

Please share this resource.

***The more people who know about the
services available to them, the healthier
our communities will be.***

Thank-you.

***Janet Ries
North Durham Homelessness Prevention
Outreach Worker***

Program funded by the Region of Durham

revised August 2010 – reprinted e/o year
Please note that all information was current as of press time
and I apologize for any exclusions or inaccuracies.

TABLE OF CONTENTS

Addiction Services...	3
Churches...	3
Counselling...	7
Disability Supports...	8
Education Opportunities...	9
Employment Support...	10
Family Supports...	11
Financial Support...	13
Food Banks...	14
Government...	15
Health Supports...	16
Homeless Services...	17
Housing...	18
Housing Providers...	19
Information Centres...	20
Legal Services...	20
Libraries & Literacy Support...	21
Mental Health Services...	21
Senior Supports ...	23
Shelters...	24
Transportation...	25
Used Clothing/Thrift Shops...	26

SERVICES FOR PEOPLE WITH ADDICTIONS:

Alcoholics Anonymous AL-NON & ALA-TEEN

Call for local meeting info. between 9-11am:
905-728-3555 or 1-800-921-3555

Brooklin Renascent House Treatment Centre

For men only.
90 Colston St., Brooklin
905-655-8484

Destiny Manor

For women only.
118 Cochrane St., Whitby
1-800-825-6325

Pinewood Centre

*Residential treatment, outpatient, assessment,
referrals, gambling.*
180 Mary St., Port Perry
905-985-4721
905-723-8195 or 1-888-881-8878 – withdrawal
management

DART

Drug & Alcohol Registry Treatment
1-800-565-8603

The Salvation Army Uxbridge

Group support for gambling addictions.
19 Main St. N., Uxbridge
905-852-0090

Ontario Problem Gambling Help-line

1-888-230-3505

CHURCHES OF NORTH DURHAM:

Brock Township

Beaverton Presbyterian Church
413 Simcoe St., Beaverton
705-426-9475

Cannington Baptist Church
60 Cameron St. W., Cannington,
705-432-2479

Community Pentecostal Church
1355 Thorah Concession Road 1, Beaverton
705-426-5673

Fair Havens Community Church
B2355 Highway 48 East, Beaverton
705-426-7251

Grace Baptist Church
20 Church St., Sunderland
705-357-1709

Pinedale United Church
Sideroad 18, Sunderland
905-985-7787

St. Andrew's United Church
523 Simcoe St., Beaverton
705-426-7101

St. Andrew's United Church
10 Church St., Sunderland
705-357-3056

St. Joseph's Catholic Church
573 Simcoe St., Beaverton
705-426-7424

St. Paul's Anglican Church
383 Osborne St., Beaverton
705-426-5972

Trinity United Church
50 Laidlaw St. N., Cannington
705-432-2721

United Pentecostal Church Victory Tabernacle
421 Main St., Beaverton
705-426-9208

Wilfred United Church
20881 Brock Road, Cannington
705-437-1407

Scugog Township

Blackstock United Church
3483 Church St., Blackstock
905-986-4235

Church of the Accension
266 North St., Port Perry
905-985-7278

Emmanuel Community Church
1680 Reach St., Port Perry
905-985-4441

Greenbank United Church
19991 Highway 12, Greenbank
905-985-0844

Hope Christian Reformed Church of Port Perry
14480 Old Simcoe Rd., Prince Albert
905-985-9307

Immaculate Conception Church
1710 Scugog St., Port Perry
905-985-7071

Port Perry Baptist Church
2210 Hwy. 7A, Port Perry
905-985-8681

Port Perry United Church
294 Queen St., Port Perry
(905) 985-2801

Presbyterian Church, St. John's
319 Queen St., Port Perry
905-985-3881

Prince Albert United Church
23 Jeffery St., Prince Albert
905-985-2801

Scugog Island United Church
19100 Island Rd., Port Perry
905-985-4094

Seagrave United Church
15 Coryell St., Seagrave
905-985-2429

St. John's Anglican Church
3505 Church St.W., Blackstock
905-986-0557

Victory Christian Centre
593 Alma St., Port Perry
905-985-1346

Uxbridge Township

Claremont United Church
5052 Brock Rd., Claremont
905-649-1363

Family Worship Centre
15 Medd Rd., Uxbridge
905-852-7054

Free Methodist Church
81 Reach St., Uxbridge
905-852-3162

Goodwood Baptist Church
283 Hwy. 47, Stouffville
905-640-3111

Living Water Community Church
2 Campbell Drive, Uxbridge
905-852-2059

Sacred Heart Roman Catholic
707 Toronto St. N., Uxbridge
905-852-6944

Sandford United Church
405 Sandford Rd., Sandford
905-852-4942

St. Andrew's- Chalmers Presbyterian Church
40-B Toronto St., Uxbridge
905-852-6262

St. Paul's Anglican Church
54 Toronto St., Uxbridge
905-852-7016

St. Paul's Presbyterian Church
11850 Regional Road 1, Leaskdale
905-852-5921

Trinity United Church
20 First St., Uxbridge
905-852-6213

Uxbridge Baptist Church
231 Brock St. W., Uxbridge
905-852-3662

COUNSELLING:

Family Services Durham

Individual, family & couple counselling, services provided on a sliding scale fee based on income & ability to pay.

To apply for counselling services you must first call **INTAKE: 1-866-840-6697**

Sunderland & Beaverton:

Paul Atkinson, MSW, RSW, Family Counsellor
705-357-2241

Port Perry:

Warren Briggs, MSW, RSW, Family Counsellor
905-985-7665

Uxbridge:

Lisa Van Hezewijk, MSW, RSW
Birgit Van Helsdingen, MSW, RSW
Family Counsellors 905-852-7690

Catholic Family Services

2-169 North St., Port Perry
905-985-4221 ext. 1

Kids Help Line

24 hour counselling.
1-800-668-6868

Oshawa-Durham Rape Crisis Centre

24 hour crisis line.
905-668-9200

Distress Centre Durham

24 hour crisis line.
905-430-2522 or 1-800-452-0688

Durham Mental Health Services Crisis Services

24 hour crisis line.
905-666-0483 or 1-800-742-1890

John Howard Society

Anger management, parenting.
75 Richmond St.W., Oshawa
905-579-8482

The Salvation Army Uxbridge

Group support or individual counselling.

19 Main St. N., Uxbridge

905-852-0090

The Farm Line

Support for farmers & their families with any problems including financial, family, farming etc.

Bilingual 1-888-451-2903

Life Management Program

Teaching you the skills you need to manage your life; problem solving, teamwork & personal management.

Durham Region Social Services

200 John St., Oshawa

905-432-2929 or 1-877-264-5566 ext.5560

DISABILITY SUPPORTS:

ODSP - Ontario Disability Support Program

Community of Social Services

1-800-722-1196 or 905-665-1030

Fax: 905-665-1050

Community Living Durham North

Support services to children & adults with intellectual disabilities.

2-60 Van Edward Dr., Port Perry

Kathy Parker 905-985-8511

Precious Minds Resource & Learning Centre

Support for families with children who have barriers to learning.

21980 Highway 12, Sunderland

905-982-0882

Jennifer Ashleigh Children's Charity

Support for families with seriously ill children to improve their quality of life.

10800 Concession 5, Uxbridge

905-852-1799

Adult Community Support Services

Supporting adults with developmental disabilities to meet their full potential & live as independently as possible.

New clients call INTAKE: 1-866-840-6697

Rachel – 1-800-361-3268 ext245

Resources for Exceptional Children & Youth

Enhance children's participation in their community & support the family to advocate for services required.

865 Westney Road South, Ajax
1-800-968-0066 or 905-427-8862

Durham Region Transit

Wheelchair accessible transportation.

1-866-247-0055

Transitional Support Services

Supporting individuals with disabilities in applying for services & financial assistance.

24-850 King St. W., Oshawa
Jeff Chartier 905-242-3553

EDUCATIONAL OPPORTUNITIES:

**Durham College/University of Ontario
Institute of Technology (UOIT) Financial Aid
Office**

For people who want to further their education but do not have the financial means to do so.

905-721-3036

Call for an appointment to learn about all of the financial options available to you.

Brock Township Employment Resource Centre

Academic upgrading, part or full time studies to obtain grade 12 equivalency.

397 Simcoe St., Beaverton
705-426-1587

Durham College, Uxbridge Campus

Academic upgrading, part or full time studies to obtain grade 12 equivalency.

2 Campbell Dr., Suite 205, Uxbridge
905-852-7848

**WRITING DOWN GOALS FOR
YOUR FUTURE
GUIDES YOU TO MAKE
CHOICES
THAT GET YOU CLOSER TO
YOUR GOALS.**

**DETERMINATION
WILL HELP YOU SUCCEED.**

**Durham Alternative Secondary School
North Program: Northern Alternative
Learning Centre**

*Full time studies to obtain grade 12 diploma
starting every 6 weeks.*

135 Albert St. S., Sunderland
Karen Ritchie 705-357-2797

*Part time studies to receive high school credits
toward grade 12 diploma. Pregnant & parenting
teens & their infants welcome. 3 site locations:*

*Port Perry United Church
294 Queen Street, Port Perry
*Trinity United Church
30 First Avenue, Uxbridge
*St. Andrew's United Church
523 Simcoe Street, Beaverton

Rosalie Crem - 905-213-6505

**Learn at Home - Durham Continuing
Education**

At home studies, there is a fee for each course.

120 Centre St., Oshawa
Lyda Roman 705-357-1779
campus 1-800-408-9619
Oshawa – 905-440-4500

LEAP – Learning, Earning and Parenting

*Program for young parents aged 16-21 receiving
Ontario Works who want to get a high school
diploma. Money available for transportation,
registration fees, school supplies, parenting
activities plus top priority for subsidized daycare.*

Durham Region Social Services
2 Campbell Drive, Suite 305, Uxbridge
905-852-4566 ext 224 or 1-800-361-3268 ext 224

EMPLOYMENT RESOURCES:

Community Employment Resource Centres

*Helps people find jobs, edit resumes, hosts job
fairs, group & individual workshops ie. computer
basics, smart serve, free use of phone, fax,
photocopier, internet etc.*

CERC Brock:

397 Simcoe St., Beaverton
705-426-1587

CERC Scugog:
116 Water St., Port Perry
905-985-1441

CERC Uxbridge:
2 Campbell Dr., 2nd Flr., Uxbridge
905-852-7848

Northern Lights

*Links you to employment programs & services
specific to your needs in order to get you working.*
905-436-2957
Worklinks for Women
For women experiencing barriers to employment.
905-433-9539

FAMILY SUPPORTS:

Healthy Babies/Healthy Children Program

*Free program for prenatal moms/families with
children under 6 years of age that need support.*
Durham Health Connection Line
1-800-841-2729 or 905-666-6241

**Food 4 Thought (Pre & Post Natal Nutrition
Program)**

*Drop in program where young pregnant women
can obtain advice from health care provider &
receive healthy foods. Programs available in
Brock, Scugog & Uxbridge.*
Durham Health Connection Line
905-666-6241 or 800-841-2729

**FCAP – Family and Community Action
Program**:**

*Various locations below providing programs for
Moms, Dads & kids; learn about cooking,
nutrition & parenting.*
Sandra Schad 1-800-214-7163

Mom's, Pop's & Tot's Drop In**

St. Andrew's United Church
523 Simcoe St., Beaverton

Beaverton Young Parent's Support Group**

St. Andrew's United Church
523 Simcoe St., Beaverton

Cannington Young Parent's Support Group**

Trinity United Church
50 Laidlaw St. N., Cannington

Port Perry Mom's Group**

Port Perry United Church
294 Queen St., Port Perry

YMCA – Ontario Early Years Centre

Free Ontario Early Years programs for parents, caregivers & their children 0-6 years, resource centre for pre/post natal, parenting information.
158 Casimir Street, Port Perry
905-985-2824

Rose of Durham

Young parents support services in north Durham.
2-169 North St., Port Perry
Shannon Shearer 905-985-4221

Sunrise Pregnancy & Family Support Services

Providing wraparound support and workshops to pregnant women & families in Uxbridge.
905-852-4192

CHIMO Youth & Family Services

Intervention services for children, youth & families who experience severe emotional, behavioural or learning problems in daily life.
227 Kent St. W., Lindsay
Intake 1-888-454-6275 or 705-324-3300

Durham Farm & Rural Family Resources - Ontario Early Years Learning Centres

Toy lending, resource libraries, drop-in, parenting, early learning programs for parents, caregivers & their children, caregiver registry & referrals.
8-141 Reach St., Uxbridge
905-862-2750 ext 310

Outreach locations:

Cannington Arena
95 Elliott St., Cannington

Beaverton Public School
270 King St., Beaverton

Sunderland Town Hall
120 River St., Sunderland

Big Brothers Big Sisters North Durham

Mentoring for children 16 years of age & younger.

15585 Simcoe St. N., Port Perry
905-985-3733

Durham Children's Aid Society

Protection, foster care, adoption & community education services for families.

905-433-1551 or 1-800-461-8140

The Salvation Army Uxbridge

Provides opportunities for children to attend summer camp, provides food & toys at Christmas.

19 Main St. N., Uxbridge
905-852-0090

FINANCIAL SUPPORT:

Ontario Works Intake #

For individuals without any income

To apply call 1-877-678-6333

OW – Ontario Works / Social Services North Durham Office:

2 Campbell Dr. Suite 305, Uxbridge

905-852-4566 or 1-800-361-3268

Fax: 905-852-4573

***If you are denied OW please contact the Durham Community Legal Clinic for support.*

ODSP - Ontario Disability Support Program

1-800-722-1196 or 905-665-1030

Fax: 905-665-1050

***If you are denied ODSP please contact the Durham Community Legal Clinic for support with your appeal.*

Child Care Supplement/Subsidy through Durham Region Children's Services Division

Apply over the phone.

1-800-387-0642

NOT HAVING TRANSPORTATION OR A TELEPHONE CAN BE A BARRIER TO GETTING SUPPORT. YOUR LOCAL EMPLOYMENT RESOURCE CENTRE CAN HELP YOU GET IN TOUCH WITH THE SUPPORTS THAT ARE AVAILABLE.

**Durham Rent Bank, Emergency Energy Fund,
Community Trust Fund & Winter Warmth**
thru the Community Development Council of
Durham.

*Interest free loans or grants for up to 2 months
overdue rent, 2 months overdue mortgage, at risk
or disconnected utilities, wood, oil, propane.*

134 Commercial Avenue, Ajax
1-866-746-3696 or 905-686-2661
Fax: 905-686-4157

****If you need help to get or complete an
application call Janet Ries 1-877-406-8723**

Trillium Drug Plan

*Support for households with high prescription
drug costs in relation to their total household net
income. Applications are available at your local
pharmacy.*

1-800-575-5386

**CINOT – Dental Treatment
Durham Region Health Department
Oral Health Division**

*Assist children under the age of 17 with urgent
dental conditions.*

905-723-1365

Budgetting Counselling

*Show you the skills of budgetting & review your
options to become more secure.*

Janet Ries 1-877-406-8723 or 905-985-3553

**Community Credit Counselling Service of
Durham Region**

106-172 King St. E., Oshawa
1-877-579-3328 or 905-579-1951

*For negotiating with credit companies to
stop interest charges, arrange payment
plans & for bankruptcy information check
your phone book's yellow pages under
bankruptcy.*

**Homeowner RRAP -
Residential Rehabilitation Assistance Program**

*Helps low income homeowners with major repairs
or to improve accessibility for persons with
disabilities or seniors.*

Wigwamen Non-Profit Residential Corporation
1-877-803-0222

Canada Inquiry Centre

Referrals to all Federal Government programs such as Veterans Benefit, Disability Credit, Guaranteed Income Supplement, Canada Pension Plan, Old Age Security, Child Tax Benefit, Employment Insurance, Universal Child Care Benefit, GST/HST rebates.

1-800-O-CANADA (1-800-022-6232)

FOOD BANKS:

North Durham Food Bank patrons are supported once per month & are encouraged to visit food banks in their home area. There is extra support at Easter, Thanksgiving & Christmas. If you cannot get to the food bank ask them if they know how you can.

Brock Township - Brock Community Food Bank - 2 locations

Portables at both St. Andrews United Churches
10 Church St., Sunderland
523 Simcoe St., Beaverton
Both are open Fridays 10am–1pm
Janet Ries 1-877-406-8723

Scugog Township - Operation Scugog

Portable at Victory Christian Centre
593 Alma St., Port Perry
Open Wednesdays 1pm-4 pm
905-985-3087

Uxbridge Township - Loaves and Fishes

St. Andrews-Chalmers Presbyterian Church
40-B Toronto St., Uxbridge
Open Wednesdays 1pm-4pm
Gail Blackburn 905-852-6262

The Salvation Army Uxbridge

Provides emergency food assistance to residents of North Durham in addition to the local food bank programs.

19 Main St. N., Uxbridge
905-852-0090

GOVERNMENT

Brock Township

1 Cameron St. E., Cannington
705-432-2355

Scugog Township
181 Perry St., Port Perry
905-985-7346

Uxbridge Township
51 Toronto St. S., Uxbridge
905-852-9181

Region of Durham
605 Rossland Rd. E., Whitby
905-668-7711 or 1-800-372-1102

MPP - Member of Provincial Parliament
www.ontla.on.ca

HEALTH SUPPORTS:

Sexual Health Clinic
North Office – Durham Region Health Department
Providing no cost birth control, STD & pregnancy testing, sexual health & pregnancy counselling.
200-181 Perry St., Port Perry
905-985-4891 or 1-866-845-1868

Hospitals in north Durham:
Oshawa: 905-576-8711
Uxbridge: 905-852-9771
Port Perry: 905-985-7321

Brock Community Health Centre*
****Primary Care – Doctors & Nurses***
123 Laidlaw St. S., Cannington
705-432-3388

****Diabetes Education Program***
20 Cameron St. W., Cannington
705-432-2446

****Brock Geriatric Assessment Clinic***
133 Main St., Beaverton
705-426-2175

****Community Development & Health Promotion & Administration***
1 Cameron St. E., Cannington
705-432-3322

Durham Health Connection Line
To speak with a Public Health Nurse about anything health related.
905-666-6241 or 1-800-841-2729

Telehealth Ontario

To speak with a Registered Nurse for any non-emergency medical questions.

1-866-797-0000

**Community Care Access Centre –
Central East Branch**

In-home health-care services & long-term care placement.

209 Dundas St. E., 5th Floor, Whitby

1-800-263-3877 or 905-430-3308

Durham Hospice

For people suffering from life threatening illnesses & those who are grieving the loss of a loved one.

14 Brock St. E., Uxbridge

905-852-4461 or 1-800-903-6999

Epilepsy Durham

Strengthen clients & families ability to manage the physical, psychological & social effects of epilepsy.

20-850 King St. W., Oshawa

905-571-2099

Alzheimer Society

To improve the quality of life of people with Alzheimer disease or related dementia & their care partners.

207-419 King St. W., Oshawa

905-576-2567 or 1-888-301-1106

Head Injury Association of Durham Region

Advocating for the needs of people living with the effects of brain injury, support for their family & caregivers, thru groups, day programs & resource centre.

24-850 King St. W., Oshawa

905-723-2732 or 1-866-354-4464

**HOMELESS SUPPORTS &
PREVENTION:****North Durham Homelessness
Prevention Outreach Worker**

Serving the Townships of Brock, Scugog & Uxbridge by helping people access services available, eviction prevention, housing search assistance, advocacy & support for basic needs.

**Janet Ries - 1-877-406-8723 or
locally please call 905-985-3553**

If you don't have a phone you can email me at prevenhomelessness@gmail.com or contact your local employment resource centre.

The Salvation Army Uxbridge

Emergency disaster services, provides clothing, food, traffic control, immediate lodging & practical assistance onsite. Also provides a variety of services to those in need.

19 Main St. N., Uxbridge
905-852-0090

North House

Transitional housing & wraparound supports for north Durham residents.

Ann Watson 705-426-1150

Gate 3:16 Outreach Centre

Drop-in, lunches.

394 Simcoe St. S., Oshawa
905-432-5316

The Refuge

Christian based youth support centre providing groups, some meals & a place to go.

300 Court St., Oshawa
905-404-2420

St. Vincent's Kitchen

Meals for \$1.25.

51 King St. E., Oshawa
905-433-4006

Red Cross

Assistance with lodging, food & clothing for 72 hours after emergencies such as fire & flood.

905-723-7251 or 1-800-811-9874

HOUSING:

Housing Help Durham thru the Community Development Council of Durham

List of current rental units available in Durham Region.

134 Commercial Ave., Ajax
1-866-746-3696 or 905-686-2661

North Durham Landlord Registry

Connects tenants & landlords in Brock, Scugog & Uxbridge Townships.

Janet Ries 1-877-406-8723 or locally please call
905-985-3553

Durham Mental Health Services

Supportive housing for people with mental health issues.

519 Brock St. S., Whitby
905-666-0831

Canadian Mental Health Association-Durham

Supportive housing for people with mental health issues.

60 Bond St. W., Oshawa
905-436-8760

HOUSING PROVIDERS:

In order to apply to a Rent Geared to Income (RGI) unit, you must access an application through Durham Access to Social Housing (DASH) listed below or at www.durham.ca.

To apply to a market rent unit please contact the housing provider directly for an application.

**Durham Access to Social Housing (DASH)
Housing Services Division
Region of Durham Social Services Department
605 Rossland Rd. E., Whitby
905-666-6222 or 1-800-669-2956**

Durham Regional Local Housing Corporation
All units are RGI. You must apply through DASH for these locations:

Wayside Apartments
342 Main St., Beaverton
32 units – Seniors
Kellett Manor
327 Kellett St., Port Perry
30 units – Seniors
Spruce Lawn Apartments
385 Rosa St., Port Perry
38 units – Seniors
Brookside Apartments

20 Perry St., Uxbridge

50 units – Seniors

For the following housing providers, you must apply through DASH for RGI subsidy or directly to the provider for market rent units.

Durham Region Non-Profit Housing

28-A Albert St., Oshawa

905-436-6610

Manages buildings listed below.

Gillespie Gardens

75 Nine Mile Rd., Beaverton

48 units – Seniors/Singles

Old Schoolhouse Apartments

28 Queen St., Cannington

16 units - All

Spruce Haven Apartments

103 Cameron St. W., Cannington

26 units – All

St. Andrews Place

112 River St., Sunderland

8 units – All

Maple Glen Apartments

36 Church St., Sunderland

53 units - Seniors

Reach Gardens

57 Enzo Cres., Uxbridge

44 units – Families

Borelia Cooperative Homes

10 Borelia Cres., Port Perry

905-985-0423

Immaculate Conception Seniors Residence

61 Ash St., Port Perry

905-985-4322

**The wait for subsidized housing (RGI)
can vary from 1 year to many years.
Get on the list anyway!**

**Hopefully you will no longer need the
support but if you do you will be
thankful you applied!**

INFORMATION:

Brock Information

705-432-2636

Scugog Visitor & Business Centre
905-985-4971

Uxbridge Information
905-852-9181

LEGAL SERVICES:

Durham Community Legal Clinic

Free legal advice for anyone regarding: landlord-tenant problems, disability (ODSP), Ontario Works (OW), CPP, Worker's Compensation, Workplace Safety and Insurance Appeals Tribunal (WSIAT), Workplace Safety and Insurance Board (WSIB), criminal injuries, Ontario Human Right Issues, Employment Insurance (EI) appeals, wills & powers of attorney for low income families & individuals.

419 King St. W., Unit 3512
Oshawa Centre (north of movie theatre entrance)
905-728-7321 or 1-888-297-2202

Legal Aid

Family & criminal law.
Apply over the phone 1-800-668-8258
Or in person at 419 King St. West, Unit 3512
Oshawa Centre (north of movie theatre entrance)
905-576-2124

The Family Law Information Centre

Walk-in service only. Mediation, separation, custody, divorce, access, child & spousal support, property division. Mon. – Fri 9-5 closed 1-2
Oshawa Courthouse
150 Bond St. E., Oshawa
905-743-2800 or 1-877-294-6529

Landlord Tenant Board

Information on residential tenant/landlord rights & where hearings are held. www.ltb.gov.on.ca
590 Rossland Rd.E., Whitby
1-888-332-3234 Fax: 1-888-377-8808

The Salvation Army Uxbridge

Support to inmates in jail, those in trouble with the law and to those attending court.
19 Main St. N., Uxbridge
905-852-0090

Luke's Place

Legal support & resource centre for women & children.

459 Bond St. E., Oshawa
905-728-0978

LITERACY SUPPORT:**Literacy Network of Durham Region**

To help you learn to read or improve your reading. Many programs available.

502-22 King St.W., Oshawa
905-725-4786 or 1-800-263-0993

Libraries

Scugog Library
231 Water St., Port Perry
905-985-7686
Open 7 days a week

Uxbridge Township Public Libraries**

****Uxbridge Branch**
9 Toronto St. S., Uxbridge
905-852-9747
Open 7 days a week

****Zephyr Branch**
13000 Durham Road 30, Zephyr
905-473-2375
Tues/Thurs/Sat

Brock Township Public Libraries*

***Sunderland Branch (at public school)**
41 Albert St., Sunderland
705-357-3109
Tues/Wed/Thurs/Sat

***Cannington Branch**
21 Ann St. N., Cannington
705-432-2867
Tues/Wed/Fri/Sat

***Beaverton Branch**
401 Simcoe St., Beaverton
705-426-9283
Tues/Wed/Fri/Sat

MENTAL HEALTH SERVICES:

COPE Brock Office

1 Cameron St.E., Cannington
705-432-3044

COPE Scugog Office

181 Perry St., lower level, Port Perry
905-985-8461

COPE Uxbridge Office

75 Marietta St., Unit 1, Uxbridge
905-852-9560
Home Support: 905-852-7445

Canadian Mental Health Association-Durham Branch

Mental health support services.
60 Bond St. W., Oshawa
905-436-8760

Durham Mental Health Services

Mental health support services - family, court, case management.
519 Brock St. S., Whitby
905-666-0831

Durham Mental Health Services - Mobile Crisis Services

24 hour crisis line, will come to you, 4 short term crisis beds.
1-800-742-1890 or 905-666-0483

Interact Community Mental Health Program

10-15 week group programs, anger management, self-esteem, anxiety & mental health.
905-576-8711 ext.6029

The Salvation Army Uxbridge

Provides home visits & friendship to those lonely & isolated, referrals to group homes.
19 Main St. N., Uxbridge
905-852-0090

SENIOR SERVICES:

Community Care Durham

Provides senior citizens & adults with special needs home visiting & affordable: transportation,

*delivered meals, light housekeeping & yard work
to enable them to stay in their own homes.*

Brock Office

1 Cameron St. E., lower level, Cannington
Joanne Lloyd 705-432-2900

Scugog Office

16100 Old Simcoe Road, Port Perry
Jenny Yorgason 905-985-8461

Uxbridge Office

Uxbridge Senior's Centre
1-75 Marietta St., Uxbridge
Lorrie Houwston 905-852-7445

Adult Day Programs*

*Provides recreational & social opportunities to
the frail or cognitively impaired elderly & adults
with disabilities. \$21/day, subsidy may be
available.*

*Lakeridge Health

451 Paxton St., Port Perry Mon/Tues/Thurs 9-3

*Lakeview Manor

133 Main St.W., Beaverton Wed/Fri 9-3

Call Community Care Access Centre (CCAC)

to apply 1-800-668-5835 or 905-430-3308

Brock Community Health Centre -

Brock Geriatric Assessment Clinic

*Clinic for assisting frail elderly seniors to access
programs & support services.*

133 Main St., Beaverton

705-426-2175

SHELTERS:

FOR HOMELESS MEN

Cornerstone Community Association

Shelter & supportive housing.

133 Simcoe St. S., Oshawa

(905) 433-0254

Porter Place

Emergency shelter for ages 24 and older.

18838 Highway 11, East Gwillimbury

905-898-1658

***FOR WOMEN & CHILDREN WHO HAVE
BEEN ABUSED***

Bethesda House

Bowmanville 905-623-6050 or 1-800-338-3397

Denise House

Oshawa 905-728-7311 or 1-800-263-3725

Herizon House

Pickering 905-426-1064 or 1-866-437-4066

Sandgate Women's Shelter

Jackson's Point 905-722-3220 or 1-800-661-8294

Victoria's Women's Shelter

Lindsay 1-800-565-5350 or 705-878-3662

Y's Wish Shelter

Oshawa 905-576-2997 or 1-888-576-2997

FOR HOMELESS WOMEN & CHILDREN

Muslim Welfare Home

Emergency shelter.

425 Dundas St. E., Whitby

905-665-0424

FOR SINGLES & FAMILIES

A Place Called Home

Emergency housing.

64 Lindsay St. S., Lindsay

705-328-0905 ext.26 or 1-866-520-2689

Leader Place

Emergency family shelter.

18838 Highway 11, East Gwillimbury

905-898-1658

FOR HOMELESS YOUTH

Durham Youth Housing & Support Services

Joanne's House

Male & female youth aged 16-24.

82 Kings Cres., Ajax

905-239-9477

Blue Door Shelter

Male youth aged 16-24.

835 Gorham St., Newmarket

905-830-0121

YES Youth Emergency Shelter
Female & male youth aged 16-24.
Peterborough
705-748-3851

A Place Called Home
Youth in Transition Program
64 Lindsay St. S., Lindsay
1-866-520-2689 or 705-328-0905

TRANSPORTATION

Durham Region Transit
1-866-247-0055

GO Transit
1-888-438-6646

Cancer Patient Rides to Treatment
Flora Wilson
905-640-6026

Community Care Durham
For seniors & adults with special needs.
Brock: 1-705-432-2900
Scugog: 1-905-985-8461
Uxbridge: 1-905-852-7445
OW & ODSP recipients transportation costs may
be covered.

USED CLOTHING/THRIFT SHOPS:

Déjà vu Clothiers
211 Casimir St., Port Perry
905-985-8515

The Kids Cupboard
241 Queen St., Port Perry
905-985-7707

Brock Thrift Shop @ Brock Information
30 Allan St., Cannington
705-432-2636

Chances Are
20 Bascom St., Uxbridge
905-852-3903

Nearly New Clothing
390 Simcoe St., Beaverton

