



Community Resource Guide for Pregnant and Parenting Families



Table of Contents

Health Care Providers.....	2
Food Support	3
Help with Money/ Need a Job.....	4
Places to Live	5
I am Pregnant / I am a Parent	6
Prenatal Classes	10
Newcomer / Multicultural Supports	11
Indigenous Health	13
Need Help Now (Crisis Services and Shelters)	14
Talk to Someone (Support groups and counselling).....	17
Help With Drugs & Alcohol/Addictions	20
My Sexuality	21
Legal Services/Supports.....	22
Lost My I.D.	23

Emergency Numbers and Telephone Information Lines

Durham Regional Police Non-emergency Line	905-579-1520 1-888-579-1520
Fire, Police, Ambulance	911
Poison Control	1-800-268-9017
Durham Health Connection Line Public Health Nurses provide information about health issues and community services. Monday - Friday 9:00 am – 5:00 pm	905-668-2020 1-800-841-2729
Telehealth Ontario Free, confidential telephone service for health advice or information from a Registered Nurse, 24 hours a day, seven days a week.	1-866-797-0000 Or TTY 1-866-797-0007



Health Care Providers

Community Health Centres Provide medical services and health promotion programs for individuals and families that live within their area. If you do not have health insurance or are waiting for your coverage to begin, you can find primary health care and treatment services at Community Health Centres.	
Brock Community Health Centre A community health service for residents of Brock Township and surrounding areas. www.brockchc.ca	705-432-3322
Carea Community Health Centres Free community programs and services for people of all ages. Services include: medical, dietician, counselling/mental health support, prenatal and parenting support. Help with food security for registered clients. www.careachc.ca	Ajax 905-428-1212 Pickering 289-212-2732 Oshawa 905-723-0036 Whitby 289-212-2964
College of Physicians and Surgeons of Ontario www.cpso.on.ca	1-416-967-2600
Health Care Connect A program that refers Ontarians without a family health care provider (family doctor or nurse practitioner) to providers accepting new patients in their community.	1-800-445-1822
Midwives Provide complete care and support prenatally, during labour, birth and postpartum. Covered by OHIP.	
College of Midwives of Ontario www.cmo.on.ca	1-416-640-2252
Community Care Midwives Clinic located in Oshawa www.communitycaremidwives.com	905-723-6088
Midwifery Services of Durham Clinics located in Ajax and Markham www.durhammidwives.com	905-427-5407
New Life Midwives Clinic located in Bowmanville www.newlifemidwives.com	905-419-3232
Sages-Femmes Rouge Valley Midwives Clinic located in Scarborough. www.sagesfemmesrougevalleymidwives.com	905-409-6447
Uxbridge Community Midwives Clinic located in Uxbridge www.uxbridgemidwives.com	905-862-3535

Food Supports

Food ‘4’ Thought - Drop in program for pregnant women 26 years of age and under to get free groceries and prenatal vitamins.	1-800-841-2729
Ajax / Pickering Carea Community Health Centre Food 4 Thought Salvation Army Ajax Southside Worship Centre/Storehouse Food Bank St. Paul’s On The Hill	1-800-841-2729 1-877-447-5795 905-427-7123 905-428-1985 905-839-9537
Clarington Clarington East Food Bank Newcastle Baptist Church Salvation Army Seventh Day Adventist St. Vincent de Paul (St. Joseph’s)	905-987-1418 905-987-5549 905-623-2185 905-623-6031 905-623-6371
North Brock Community Food Banks Food 4 Thought Loaves and Fishes (Uxbridge) Nourish Food Pantry Operation Scugog St. Andrews-Chalmers Church	705-426-1771 1-877-447-5795 905-852-6262 705-432-2444 905-985 3087 905-852-6262
Oshawa Backdoor Mission Carea Community Health Centre Durham College Outreach Services Food 4 Thought Gate 3:16 Knox Presbyterian Church New Life Neighbourhood Centre Salvation Army Oshawa Seventh Day Adventist Simcoe Hall Settlement House St. Peter’s Food Bank (St. Peter’s Anglican Church) St. Vincent de Paul (St. Gertrude’s) St. Vincent de Paul (St. Phillip’s) St. Vincent’s Kitchen The Eating Well Ministries The Refuge Zion/Hope Food Bank	905-728-4664 905-723-0036 905-721-2000 x2315 1-877-447-5795 905-432-5316 905-728-8673 905-404-2004 905-723-7422 905-433-8800 905-728-7525 905-728-8080 905-431-1796 905-728-3937 905-433-4006 905-579-1706 905-404-2420 905-436-3255
Whitby Salvation Army Whitby	905-430-3454

Help with Money/ Need a Job

Agilec Employment Services	1-800-361-4642
Child Care Subsidy	1-800-387-0642
Durham Region Social Services Ontario Works	1-877-678-6333
META Vocational Specializes in services for those with disabilities.	905-725-0087
Service Canada Canada Child Tax Benefit CPP & Disability Insurance Employment Insurance (EI) Maternity and Parental Benefits	1-800-387-1193 1-800-277-9914 1-800-206-7218 1-800-206-7218
Trillium Drug Program Help with costs of medications.	1-800-575-5386
Unemployed Help Centre	905-579-1821
Ajax / Pickering VPI Working Solutions YMCA Durham Employment Services	905-683-3529 905-427-7670
Clarington Durham College Community Employment Services	905-697-4472
North Durham College Community Employment Services	905-852-7848
Oshawa Durham College Community Employment Services John Howard Society Employment Services VPI Working Solutions	905-438-1041 905-579-8482 x 240 905-571-3301
Whitby John Howard Society Employment Services YMCA Durham Employment Services	905-666-8847 x21 905-668-0044



Places to Live

Durham Region Housing Services	1-800-669-2956
DYHSS (Durham Youth Housing and Support Services) For youth 16-24 (13 beds).	905-239-9477
Housing Help Durham	905-686-2661
John Howard Society – Residential Program Help youth living independently.	905-434-5388
YWCA Durham 24 hr crisis line and shelter for those dealing with abuse.	1-888-576-2997
Ajax/Pickering Herizon House Shelter for abused women and their children.	1-866-437-4066
Joanne's House Shelter for youths aged 16-24, both male and female.	905-239-9477
Clarington Bethesda House Shelter for abused women and their children, pet friendly.	1-800-338-3397
John Howard Society Housing Services.	905-623-6814
North North House Community homelessness prevention and eviction prevention. Mediate landlord and tenant matters.	1-877-406-8723
Oshawa John Howard Society Housing Services.	905-579-8482
YWCA Durham 2nd Stage (Transitional) Housing Housing for single women fleeing violence.	905-576-8880
The Denise House Shelter for abused women and children.	1-800-263-3725
Y Wish Shelter Shelter for abused women and their children.	905-576-2997
Cornerstone Community Services Durham Inc. Single men over 16 yrs of age, single men with dependent children, couples with children in their care.	905-433-0254 x228
Whitby John Howard Society Housing Services.	905-666-8847
Muslim Welfare Home Emergency shelter for women (+16) and their children of all faiths.	905-665-0424

I am Pregnant / I am a Parent

Durham Behaviour Management Services Consultation for parents of children between the ages of 2-7 years, with a developmental delay. Consultation to childcare centers for children ages 2-12 years (no diagnosis required for that service).	1-800-387-0642
Durham Children's Aid Society Help for pregnant women, children and their families.	905-433-1551
Durham Parents of Multiples (DPOM) Yearly membership fee provides support and information for those pregnant or parenting twins or multiples. www.durhamparentsofmultiples.wildapricots.org/	
Durham Region Health Department Healthy Babies Healthy Children Program Free Prenatal classes - SMILE (for young parents) Online Prenatal Classes www.durham.ca/onlineprenatalclasses Breastfeeding Support Infant & Child Development Program Durham Health Connection Line (free, confidential help line where you can talk to a Public Health Nurse) www.durham.ca	1-800-841-2729
Family Services Durham Locations include Ajax, Whitby, Oshawa, North Durham. Couple, individual, child, family counselling.	1-866-840-6697
FCAP (Family Community Action Program) Parenting Programs (0-6yrs).	1-800-214-7163
Fetal Alcohol Spectrum Disorder Caregiver Support Group Opportunities for caregivers to share support, information and resources. A referral is not required.	905-427-8862 x346
Fetal Alcohol Spectrum Disorder Program Work with the family, service providers and educators to support children and youth with suspected or confirmed FASD. Service is available to children and youth up to the age of 18 and young people between the ages of 18 and 21 who remain in school, and their families.	905-427-8862 x504
Food 4 Thought Weekly drop-in for pregnant women 26 years of age and under. Support, information and free groceries provided. Multiple sites throughout Durham Region. Call Durham Health Connection Line for information. www.girlsinc-durham.org	1-800-841-2729
Government of Canada EI Maternity and Parental Benefits. www.canada.ca/en/services/benefits/ei/ei-maternity-parental.html	1-800-206-7218

I am Pregnant / I am a Parent

Grandview Children's Centre Offer a variety of services such as physiotherapy, occupational therapy, speech-language, social work, audiology, preschool outreach programs, therapeutic recreation and specialized clinics.	905-728-1673
La Leche League Canada To find breastfeeding help near you. www.lllc.ca	1-800-665-4324
Metis Nation of Ontario Family support from prenatal to 6 years, peer counselling and referrals, advocacy support and educational family wellness workshops events. This program is designed to be sensitive to Metis culture but participation in this program is not limited to Metis people and everyone is welcome to utilize its services.	905-443-1002
Newborn Registration 4-in-1 Service An online service for: Birth registration, Birth Certificate, Canada Child Tax Benefit and Social Insurance Number. www.serviceontario.ca	
Pinewood Centre-Umbrellas Program For pregnant women or mothers of children (0-3yrs) who are worried about their alcohol and drug use.	1-888-881-8878 x31251 905-721-4747 x31251
Pregnets Website information on quitting smoking for pregnant and postpartum women. www.nicotinedependenceclinic.come/en/pregnets	
Resources for Exceptional Children and Youth Duham Region Services to support children/youth with special needs and their families. Service is available up to the age of 18 and to young people between the ages of 18 and 21 who remain in school, and their families.	1-800-968-0066 905-427-8862 x504 access line
Rose of Durham Provide free programs and services to young parents (26 and under), including counselling, high school program, prenatal classes, parent support groups, dad's group, and donation room services.	905-432-3622
The Pregnancy Help Centre of Durham Pregnancy testing, options information, adoption referrals, community referrals, ongoing parental and parenting support.	905-720-3252

I am Pregnant / I am a Parent

Ajax/ Pickering Carea Community Health Centre Free community programs and services for people of all ages. Services include medical, dietician, counselling/ mental health support, prenatal and parenting support. Help with food security for registered clients. Early ON Child and Family Centre (Ajax) Programs & activities for children 0-6 yrs and their families. Early ON Child and Family Centre (Pickering) Programs & activities for children 0-6 yrs and their families. Food 4 Thought Pre and Post Natal Nutrition Project. Pregnancy Help Centre Pregnancy testing, options information, adoption referrals, community referrals, ongoing parental and parenting support. Rose of Durham (Outreach) Provide free programs and services to young parents (26 and under), including counselling, high school program, prenatal classes, parent support groups, dad's group, and donation room services.	Ajax 905-428-1212 Pickering 289-212-2732 905-619-4565 905-839-3007 1-877-447-5795 905-619-9878 905-410-3622
Clarington Early ON Child and Family Centre (Bowmanville) Programs & activities for children 0-6 yrs and their families. Early ON Child and Family Centre (Newcastle) Programs & activities for children 0-6 yrs and their families. Pregnancy Help Centre Pregnancy testing, options information, adoption referrals, community referrals, ongoing parental and parenting support. TEAM (Teen Education and Mothering) Program helps support mothers under the age of 21 to work on completing high school.	905-697-3171 905-987-6914 289-685-0768 905-623-6505
North Early ON Child and Family Centre Programs & activities for children 0-6 yrs and their families. Food 4 Thought Pre and Post Natal Nutrition Project. Rose of Durham (Outreach) Provide free programs and services to young parents (26 and under), including counselling, high school program, prenatal classes, parent support groups, dad's group, and donation room services. Sunrise: Pregnancy and Family Support Services Uxbridge and surrounding area. Offers both educational and practical help for families. www.sunriseuxbridge.com	905-985-2824 1-877-447-5795 905-410-3622 905-852-4192

I am Pregnant / I am a Parent

Oshawa Carea Community Health Centre Free community programs and services for people of all ages. Services include medical, dietician, counselling/mental health support, prenatal and parenting support. Help with food security for registered clients. Early ON Child and Family Centre Programs & activities for children 0-6 yrs and their families. Food 4 Thought Pre and Post Natal Nutrition Project. Pregnancy Help Centre Pregnancy testing, options information, adoption referrals, community referrals, ongoing parental and parenting support. Rose of Durham (Outreach) Provide free programs and services to young parents (26 and under), including counselling, high school program, prenatal classes, parent support groups, dad's group, and donation room services.	905-723-0036 905-723-9922 1-877-447-5795 905-720-3252 905 432-3622
Whitby Carea Community Health Centre Free community programs and services. Children and youth mental health team specializes in ages 0-24. Counselling and groups, walk in counselling on Wednesday from 1 pm - 8 pm. Early ON Child and Family Centre Programs & activities for children 0-6 yrs and their families.	289-212-2964 905-666-4794



Prenatal Classes

These classes vary in cost and length. Please contact individual organizations for information.

Durham Region Health Department Free Prenatal Classes (SMILE) for young parents. Online Prenatal Classes www.durham.ca/onlineprenatalclasses	1-800-841-2729
Lakeridge Health Corporation welovebabies.ca Kangaroo Kapers Sibling Preparation Class Class is offered at the Oshawa Site. Prenatal Breastfeeding Class Prenatal Classes Classes are offered in Oshawa, Ajax and Port Perry.	905-576-8711 x 34116
Lamaze Prepared Childbirth of Durham Region Childbirth, baby care, and breastfeeding classes for prenatal clients. Services are also available for Chinese speaking families. www.durhamlamaze.com	289-638-3220



Newcomer / Multicultural Supports

Canadian Centre for Refugee and Immigrant Health Care 4158 Sheppard Ave. East Scarborough - Medical treatment and assistance to those new to Canada who are medically uninsured. www.healthequity.ca	1-647-267-2176
Caribbean African Canadian Social Services 995 Arrow Rd, Toronto - Programs and services for Jamaican, Caribbean and African-Canadian communities. Parenting program, youth outreach, violence against women program, individual and family counselling available. Must be able to go to office. www.cafcan.org	1-416-740-1056
Catholic Family Services of Durham Couple, individual, child and family counselling available in French and English.	905-725-3513 1-877-282-8932
Durham Immigration Portal Resource to help newcomers settle in Durham Region. www.durhamimmigration.ca	
Durham Region Provides information on living in Durham Region for all services such as doing business, government and health and wellness translated in over 90 different languages. www.durham.ca	
Durham Region Public Libraries Provides programs to increase and support literacy for families, opportunities to develop social networks, community engagement, personal development and wellness. www.durham.ca/en/living-here/libraries.aspx	
Faith-based organizations Offer prayer, language classes, cultural and music classes, recreation programs, food drives, family planning, individual counselling, parenting programs, childcare. www.settlement.org/ontario/community/religion-and-worship/religion-and-worship/where-can-i-find-information-about-places-of-worship/	
Hong Fook Mental Health Association 3320 Midland Ave. Scarborough - Services for Cambodian, Cantonese, Mandarin, Korean and Vietnamese communities. Language specific services available to Durham residents if able to meet in Scarborough. www.hongfook.ca	1-416-493-4242
Muslim Family and Child Services of Ontario 305 Rusholme Rd. Toronto - Assessment, treatment, prevention, crisis support, court case support and support for family and child issues. Religiously appropriate and culturally sensitive. www.mfcsq.ca	1-416-588-7864

Newcomer / Multicultural Supports

Settlement.org Providing information for newcomers settling in Ontario. Including "My First Days" guide with information for newcomers' first two weeks in Ontario. www.settlement.org	
TAIBU Community Health Centre 27 Tapscott Rd. Scarborough - Serves the black community across the greater Toronto area. Comprehensive health care is provided by a team of physicians, Nurse Practitioners, Nurses, Dietitians, Social Workers, a Diabetes Education Program and Counselling services are also available. Must be able to go to office. www.taibuchc.ca	1-416-644-3536
Welcome Centre Immigrant Services Free services to assist refugees, immigrants and newcomers based on their settlement needs (i.e. language training, legal, counselling, housing, health care, employment etc.). www.welcomecentre.ca	Ajax 289-482-1037 Pickering 905-420-3008 Toll free 1-877-761-1155
Women's Multicultural Resource and Counselling Centre of Durham Confidential culturally sensitive counselling and supportive services to women and children of diverse cultural, racial and religious backgrounds. Individual counselling, group counselling, support groups for abused women and youth programs available. www.wmrccdurham.org	905-427-7849 Toll free 1-877-454-6760



Indigenous Health

Carea Community Health Centre Counselling and support for Indigenous people of all ages. www.careachc.ca	905-723-0036 x 1222
Dnaagdawenmag Binnoojiiyag Child and Family Services Help for pregnant women, children and their families, provided by Indigenous multidisciplinary team, to ensure all services respect culture, tradition and needs, both on and off reserve.	1-844-523-2237
Durham Mental Health Services Aboriginal Addiction and Mental Health Outreach Worker provides support and community service navigation to youth and adults. www.dmhs.ca	Central Intake 905-666-0831 x 3312
First Nations and Inuit Hope for Wellness Helpline Counsellors offer 24-hour phone and chat counselling, immediate mental health counselling and crisis intervention. www.hopeforwellness.ca	1-855-242-3310
Helpline for Indigenous Women A 24-hour helpline, talk, text or chat, crisis counselling, advice and support. www.talk4healing.com	1-855-554-4325
Indigenous Education and Cultural Services Ontario Tech University Support for successful transition to post-secondary school including cultural counselling and traditional supports. There is also a traditional knowledge keeper on staff.	905-721-8668 x 6795 905-721-8668 x 6793
Metis Nation of Ontario Family support from prenatal to 6 years, peer counselling and referrals, advocacy support and educational family wellness workshop events. This program is designed to be sensitive to Metis culture but participation in this program is not limited to Metis people and everyone is welcome to utilize its services.	905-443-1002



Need Help Now (Crisis Services and Shelters)

Crisis Services

For more information on mental health supports please call Durham Health Connection Line 1-800-841-2729 and please access the Mental Health Services in Durham Region resource.

***Note - Due to call volume you may get voice mail when calling some of these lines but your call will be returned as soon as possible. Anyone experiencing a mental health crisis can be assessed at a hospital emergency department.**

In an immediate crisis call or visit your nearest hospital emergency department.	911
Assaulted Women's Helpline Provides free, confidential support and crisis counseling, 24 hours a day, 7-days a week to abused women. Also provides information and support to family members and service providers involved with victims. Service available in over 150 languages.	1-866-863-0511 TTY: 1-866-863-7868 Mobile: #SAFE (#7233)
Distress Centre Durham Crisis Line 24 hours a day, 365 days per year, confidential, anonymous service. Volunteers are trained in crisis intervention and suicide prevention. Will provide referrals to community agencies. Has a Suicide Survivor Support Group.	905-430-2522 or 1-800-452-0688 *Note - Due to call volume you may get voice mail when calling these lines but your call will be returned as soon as possible.
ONTX - Ontario Online and Text Crisis Services Chat online or text from 2:00 pm to 2:00 am daily.	Text 258258
DRIVEN (Durham Region's Intimate-Relationship Violence Empowerment Network) Services and supports for women dealing with relationship abuse.	905-432-7233
Durham Children's Aid Society Providing child protection services to children and youth under the age of 18, and their families.	905-433-1551
Durham Mental Health Services Crisis Access Linkage Line (C.A.L.L.) 24 hour phone support for people of all ages by trained mental health specialists. May link with mobile crisis team if person is in immediate crisis. Also provide follow up support and community linkage. Crisis beds available. Mobile Crisis Team - Can provide crisis visits in the community 10 a.m. - 8 p.m., Monday- Friday.	905-666-0483 or 1-800-742-1890 *Note - Due to call volume you may get voice mail when calling these lines but your call will be returned as soon as possible.
Durham Rape Crisis Centre 24 hr crisis line.	905-668-9200

Need Help Now (Crisis Services and Shelters)

Durham Region Domestic Violence Sexual Assault Care Centre (DV/SACC) Medical and support for anyone who has experienced or needs info about sexual /domestic violence services and community referrals.	911 Lakeridge Health Oshawa (or your local) Emergency Dept. 905-576-8711 ext 33286
Fem-aide Francophone helpline for women dealing with violence.	1-877-336-2433
Kids Help Phone 24/7 counselling and information service for young people.	1-800-668-6868



Lakeridge Health - Crisis Intervention Team Provided through emergency departments Operates 24 hours per day, 7 days a week.	905-576-8711 x 34384 Go directly to Emergency Department
Ontario Shores Centre for Mental Health Crisis Line 24 hr crisis phone support by mental health staff.	1-800-263-2679
Pinewood Centre 24 hr crisis line .	1-888-881-8878
Victim Services of Durham Region Service provides short-term immediate emotional and practical support to victims of crime or tragic circumstances. Police referral or self-referral, Monday to Friday 8:00 am to 5:00 pm. On scene police referred support available 24 hours a day, 7 days a week. The program represents a partnership between the community, Durham Regional Police Service, the Ontario Provincial Police and Ministry of the Attorney General.	905-721-4226

Need Help Now (Crisis Services and Shelters)

Ajax/Pickering Herizon house Shelter for abused women and their children.	1-866-437-4066
Clarington Bethesda House Shelter for abused women and their children.	1-800-338-3397
Oshawa The Denise House Shelter for abused women and children. YWCA Y's Wish Shelter 24 hr crisis line and shelter for those dealing with abuse.	1-800-263-3725 1-888-576-2997
Whitby Muslim Welfare Home Emergency shelter for women (+16) and their children of all faiths.	905-665-0424



Talk to Someone (Support Groups and Counselling)

Bereaved Families of Durham Region Support for families and individuals dealing with loss of a child.	1-800-387-4870
Canadian Mental Health Association Provides a range of community-based mental health services and support to help people move forward (life skills, wellness, recovery support, caregiver support, housing support, etc.). A Nurse Practitioner Led Primary Care Clinic is offered at the same site. Provides primary health services for people with chronic diseases as well as health promotion.	905-436-8760 appointments are required
Catholic Family Services of Durham Couple, individual, child & family counselling.	1-877-282-8932
Central Intake Intake and referral for children's mental health services in Durham Region.	1-888-454-6275
Children's Aid Society Abuse or fear for safety (ages 0-16yrs).	1-800-461-8140
DRIVEN (Durham Region's Intimate-relationship Violence Empowerment Network) Services and supports for women dealing with relationship abuse.	905-432-7233
Durham Rape Crisis Centre Counselling and support for recent or past abuse.	905-668-9200
Durham Region Domestic Violence Sexual Assault Care Centre (DV/SACC) Medical and support for anyone who has experienced or needs info about sexual /domestic violence services and community referrals.	905-576-8711 x 33286
Family Services Durham Couple, individual, child & family counselling.	1-866-840-6697
Fem-aide Francophone helpline for women dealing with violence.	1-877-336-2433
Frontenac Youth Services Mental Health support for youth 12-18 with behavioural, emotional , psychiatric& learning difficulty.	1-888-454-6275
Hearth Place Cancer Support Centre	905-579-4833
Kinark Child & Family Services Children's mental health organization, provides support for children up to age 12, individual family and group counselling.	1-888-454-6275

Talk to Someone (Support Groups and Counselling)

Pregnancy and Infant Loss (PAIL) Network Free group and individual peer support services to any family who has experienced the loss of their pregnancy or the death of their baby up to 12 months of age. www.pailnetwork.ca	1-888-303-7245
Ontario Shores: Centre for Mental Health Sciences - Women's Consultation Clinic Provides focused consultation to women with a combination of mental health and reproductive issues, including Postpartum Mood Disorder. A healthcare team provides flexible care tailored to the individualized needs of the patients. Patients must have an established psychiatrist or family doctor. Prompt Clinic Provides care for individuals who require timely access to psychiatric services, but do not require an emergency department visit. A one time consultation and recommendation are provided to the referral source. Referrals are accepted from Family Physicians, walk-in clinic physicians, psychiatrists and Nurse practitioners.	905-430-4055 Central Intake 1-877-767-9642 905-668-2975
Ajax/Pickering Carea Community Health Centre Couple, individual and family counselling. Catholic Family Services of Durham Couple, individual, child & family counselling. COPE (Creating Opportunities for Personal Excellence Mental Health Program) Mental Health Supports adults (16 yrs, and over) with emotional or psychiatric concerns. Offer peer support groups facilitated by trained volunteers. Various programs provided such as support groups for depression, bipolar, bereavement, stress and anxiety, and social/recreation, wellness, and life skills groups. Family Services Durham Couple, individual, child & family counselling John Howard Society Adult & Youth Services such as groups for anger management, parenting, individual counselling and much more. Rose of Durham Support groups and counselling to young men and women who are parenting or expecting. Women's Multicultural Resource and Counselling Centre of Durham Confidential culturally sensitive counselling and supportive services to women and children of diverse cultural, racial and religious backgrounds. Individual counselling, group counselling, support groups for abused women and youth programs available.	Ajax Pickering 905-428-1212 289-212-2732 1-877-282-8932 905-837-0017 x 229 1-866-840-6697 905-579-8482 905-410-3622 905-427-7849
Clarington COPE (Creating Opportunities for Personal Excellence) Mental Health Program See description under Ajax/Pickering. John Howard Society Adult & Youth Services such as groups for anger management, parenting, individual counselling and much more	905-623-2261 905-623-6814

Talk to Someone (Support Groups and Counselling)

North Catholic Family Services of Durham Couple, individual, child and family counselling COPE (Creating Opportunities for Personal Excellence) Mental Health Program see description under Ajax/Pickering. Rose of Durham Support groups and counselling to young men and women who are parenting or expecting.	1-877-282-8932 Scugog 905-985-8461 Uxbridge 905-852-7445 Brock 705-432-2900 905-432-3622
Oshawa Canadian Mental Health Association Provides a range of community-based mental health services and support to help people move forward (life skills, wellness, recovery support, caregiver support, housing support, etc.). A Nurse Practitioner Led Primary Care Clinic is offered at the same site. Provides primary health services for people with chronic diseases as well as health promotion. Carea Community Health Centre Couple, individual and family counselling. Catholic Family Services of Durham Couple, individual and family counselling. COPE (Creating Opportunities for Personal Excellence) Mental Health Program Mental Health Supports adults (16 yrs. and over) with emotional or psychiatric concerns. Offer peer support groups facilitated by trained volunteers. Various programs provided such as support groups for depression, bipolar, bereavement, stress and anxiety, and social/recreation, wellness, and life skills groups. John Howard Society Adult & Youth Services such as groups for anger management, parenting, individual counselling and much more. Rose of Durham Support groups and counselling to young men and women who are parenting or expecting. Salvation Army – Family Services Individual and family counselling, fee for service, subsidy may be available.	905-436-8760 Appointments are required 905-723-0036 1-877-282-8932 905-668-6223 905-579-8482 905-432-3622 905-723-7422 x 224
Whitby COPE (Creating Opportunities for Personal Excellence) Mental Health Program See description under Oshawa. Durham Counselling Walk-in Clinic Counselling is available for Durham Region children and youth 3-19 and their families. Location Carea CHC Whitby site, the Whitby Mall 1615 Dundas St. E., Lang Tower West, Suite 211 Wednesday 1:00 pm - 8:00 pm, (last session starts at 6:30 pm). Family Services Durham Couple, individual and family counselling John Howard Society See description under Oshawa. Salvation Army – Family Services See description under Oshawa.	905-668-6223 289-509-0603 x 3203 1-866-840-6697 905-666-8847 905-430-3454

Help With Drugs & Alcohol/Addictions

Alcoholics Anonymous/ Alateen / Al-Anon Self-help group for alcohol use, call for a group near you	1-877-404-5591
Connex Ontario A mental health, problem gambling, drug and alcohol helpline	1-866-531-2600
Narcotics Anonymous Support for recovering drug users	1-888-811-3887
Ontario Addiction Treatment Centres (OATC) Clinic for methadone and suboxone treatment	905-443-0223
Pinewood Centre for Addictions Withdrawal management, 24 hr crisis support, women's residential treatment program, youth addiction services and support for problem gambling. Community treatment offices available across Durham Region and in Scarborough	905-721-4747 1-888-881-8878
Pinewood Addiction Support Services Crisis walk in program 300 Centre St. S., Oshawa Hours: Monday to Friday 9:00 am - 5:00 pm, Saturday and Sunday 1:00 pm - 5:00 pm	905-721-4747 1-888-881-8878
Pinewood Centre - Umbrellas Program For pregnant women or mothers of children (0-3 yrs) who are worried about their alcohol and drug use	905-721-4747 x 31251 1-888-881-8878 x 31251
Rapid Access Addiction Medicine (RAAM) clinics Fast access to care on a walk-in basis for people living with alcohol and opioid-related addictions. Services include medical treatment and same-day counselling services without a doctor's referral. Oshawa Hospital (enter on south side of hospital at GAIN Clinic, near Cancer Centre) 1 Hospital Court, Oshawa Hours: Mondays and Thursdays from 9:00 am - 11:00 am Pinewood Centre 300 Centre St. S., Oshawa Hours: Tuesdays and Fridays from 9:00 am - 11:00 am	905-576-8711 ext. 3 RAAM (37226)
Project X-change (John Howard Society) Needle exchange program, clean supplies and safer use info at office & mobile sites (outreach phone numbers)	905-440-5410
T-CUP Toronto Centre for Substance Use in Pregnancy, St. Joseph's Health Centre Toronto	1-416-530-6860

My Sexuality

AIDS Committee Durham HIV/AIDS related services & support	905-576-1445
Colours Group - Carea Community Centre (Ajax) Group for LGBTQ youth & allies age 13-18 Thursday 6:30pm-7:45pm	905-428-1212
Durham Health Connection Line Free, confidential help line where you can talk to a Public Health Nurse	1-800-841-2729
Durham Region Domestic Violence/Sexual Assault Care Centre Medical and emotional care for anyone who has experienced or who needs info on sexual violence	905-576-8711 ext 33286
Durham Region Sexual Health Clinics Pregnancy/STI/HIV testing, STI treatment, free condom and referrals. Low cost birth control and pap testing available for individuals 24 years and under	1-800-314-8533
Health Care Connect Help to find a doctor in your area	1-800-445-1822
Lesbian, Gay, Bi Trans Youth Line Peer support line for youth up to age 29. Sunday-Friday 4:00 pm - 9:30 pm	1-800-268-9688 Or text 647-694-4275
PFLAG Durham Monthly coffee nights & support 2SLGBTQI community and allies	905-231-0533
Pride Line Durham Telephone support 6pm-10pm 7 days/week	1-855-877-7433
Sexual Health Info Line Ontario	1-800-668-2437
Telehealth Ontario Free, confidential telephone service for health advice or general health information from a Registered Nurse	1-866-797-0000 or TTY 1-866-797-0007
Ajax/Pickering Pickering Sexual Health Clinic Pregnancy/STI/HIV testing, STI treatment, free condoms and referrals. Low cost birth control and pap testing available for individuals 24 years and under	905-420-8781
Carea Community Health Centre	905-428-1212
Oshawa Oshawa Sexual Health Clinic Pregnancy/STI/HIV testing, STI treatment, free condoms and referrals. Low cost birth control and pap testing available for individuals 24 years and under	1-800-314-8533
Carea Community Health Centre	905-723-0036

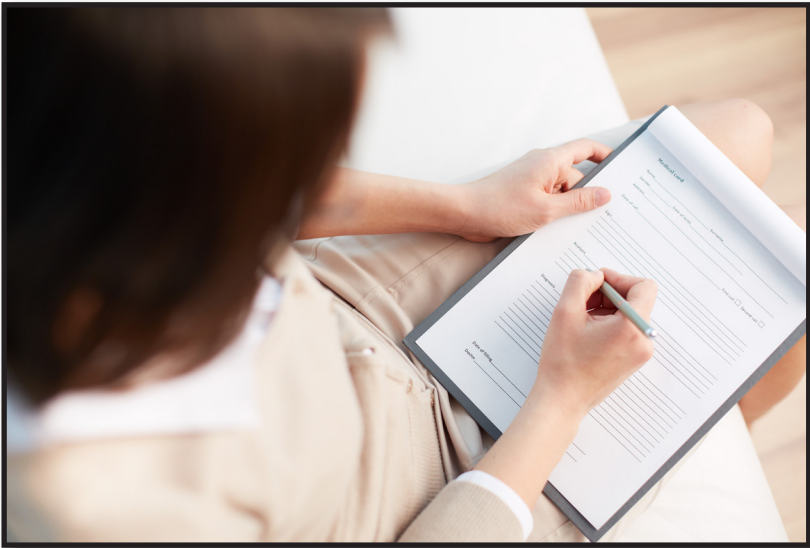
Legal Services / Supports

Durham Community Legal Clinic Landlord tenant & small claims	1-888-297-2202
Durham Family Court Clinic	905-436-6754
Family Law Information Centre (FLIC)	1-877-294-6529
Family Mediation and Information Service	1-877-294-6529
Lawyer Referral Service	1-800-268-8326
Legal Aid Ontario Assessment to see if you qualify for financial assistance	905-576-2334 1-800-668-8258
Luke's Place Assists abuse survivors with family law	905-728-0978
Victim Services of Durham Service and support immediately following a crime or sudden tragedy.	905-579-1520 ext 3400



Lost My I.D.

Birth Certificate Office of the Registrar General	1-800-461-2156
Driver's License Service Ontario	1-800-267-8097
Health Card Service Ontario	1-800-267-8097
John Howard Society ID Replacement Oshawa Bowmanville Whitby	905-579-8482 905-623-6814 905-666-8847
North House ID Clinic offers birth certificates. Located in Uxbridge	1-877-406-8723
Social Insurance Number (SIN) Service Canada	1-800-622-6232



Notes

[illegible]

This guide was created in partnership with Durham Region Health Department and Substance use in Pregnancy and Parenting Coalition (SUPPC).

SUPPC works to provide education, leadership and support for community agencies to further the develop and implement cohesive services for pregnant or parenting women concerned about their substance use.

For more information about SUPPC, call Pinewood Umbrellas Program
1-888-881-8878 ext. 31251



Member agencies:

Rose of Durham Young Parent Support Services
The Youth Centre
Women & Children's Healthcare of Lakeridge Health
Pinewood Centre - Umbrellas Program
Durham Children's Aid Society
Central East Correctional Centre
Oshawa Community Health Centre
Durham Mental Health Services
Family Community Action Program
Durham Region Social Services, LEAP, Income Support & Behaviour
Management
Durham Region Health Department: Infant & Child Development
Services; Reproductive & Child Health Program
The Pregnancy Help Centre of Durham



in partnership with



HEALTH
DEPARTMENT



If you require this information in an accessible format, contact 1-800-841-2729.

April 22