

COMMUNITY RESOURCES IN YORK REGION

A RESOURCE FOR PARENTS WHO ARE SEPARATING AND DIVORCING



Information on resources for:

Addiction Services
Employment
Financial
Food Banks
Housing
Legal and Assessment Resources
Men's Resources
Mental Health Services
Parent Education Program, Seminars, Workshops
Resources for Adults experiencing Separation/Divorce
Resources for Children and Youth
Women's Resources

To Find Resources in a different community please go to:

Ontario211

Information and referral helpline to community, social, government and health services.

Dial 211

www.211ontario.ca

ADDICTION PROGRAMS AND SUPPORT GROUPS

Bellwood Health Services Inc. - Toronto

Sixty-bed facility that provides treatment of alcohol and drug addiction, sexual addiction, gambling, stress-related illnesses, eating disorders and other compulsive behaviours. Special programs available for health care professionals, law enforcement, fire service and military personnel. Programs and services are available on a residential, outpatient and day-treatment basis and are fee-for-service.

1-647-493-7351

Email: info@bellwood.ca

www.edgewoodhealthnetwork.com/locations/bellwood/

The Vitanova Foundation - Woodbridge

Provides a holistic approach to supporting persons with substance abuse problems. Programs include assessment/referral, acupuncture, family support and individual/group counseling. Programs are culturally sensitive, with counseling offered in different languages. There are no fees for services.

905-850-3690

Email: info@vitanova.ca

www.vitanova.ca

Addiction Services of York Region – Aurora

Provides support to anyone, 12 years or older, that is struggling with substance abuse. Please call intake coordinator for programs and more information.

905-841-7007

1-800-263-2288

Email: info@asyr.ca

www.helpwithaddictions.ca/

Centre for Addiction and Mental Health (CAMH)

Provides a variety of services in the area of addictions and mental health. CAMH operates central clinical and research facilities. In addition, CAMH has 26 locations throughout Ontario that work with local service providers to ensure CAMH's work in the areas of care, health promotion, research and education are reflective of the needs of Ontarians and ensures new knowledge is used in addressing addiction and mental health problems at the local level.

From the GTA: 416-535-8501

Toll Free: 1-800-463-2338

Email: info@camh.ca

www.camh.net

Caritas Project - Woodbridge

Helps people with addiction, mental health issues, behavioural problems and family issues. Family support is also available for anyone who needs help or knows someone who needs help and doesn't know where to turn. Services are provided in English only and there is a fee for services.

416-748-9988

General Information: 905-264-9955 x101

Email: info@caritas.ca

www.caritas.ca

Chinese Family Service of Ontario - Scarborough

Individual, group and family counselling for people with addictions and their families. Services are available in Cantonese, Mandarin, Shanghainese and English and are free of charge.

416-979-8299

1-866-979-8298

Email: info@chinesefamilyso.com

www.chinesefamilyso.com

(Services offered in: English, Chinese, Mandarin & Vietnamese)

Al-Anon/Alateen Family Groups – Ottawa

Provides self-help group support for families and friends of alcoholics throughout the Southern Ontario area. Call for weekly meeting times and locations in York Region. This is an anonymous fellowship, first name only. Alateen offers support for teenagers who are dealing with the effects of someone else's drinking.

1-888-425-2666

613-860-3431 (English)

819-669-0543 (En Français)

www.al-anon.org

Email: wso@al-anon.org

Alcoholics Anonymous

Provides information, referrals and self-help group support for alcoholics. Contact main office for details.

416-487-5591 (Toronto)

1-877-404-5591

www.aatoronto.org

Email: info@aatoronto.org

Gam-Anon

Weekly self-help group for families of compulsive gamblers. Meetings held at various

locations in Toronto. Call main number for possible meeting times and locations in York Region.

416-366-7613 (Woodbridge)
1-855-222-5542 (Help Line)
www.gam-anon.org
Email: gamanonoffice@gam-anon.org

Adult Children of Alcoholics and Other Dysfunctional Families

Supports those raised in an alcoholic or otherwise dysfunctional environment. Self-help program providing weekly groups using a 12-step model, with meetings throughout the Greater Toronto Area. Please check website for meeting locations.

647-479-3503
www.adultchildren.org
Email: acatorontofellowship@gmail.com

Nar-Anon – Scarborough

Provides local self-help group support for family and friends of people with a drug problem based on Twelve Step model. Evening group meetings held weekly. Contact main office for meeting times and locations in York Region.

GTA: 416-239-0096
1-877-239-0096
www.naranonontario.com
Email: info@naranonontario.com

York Support Services Network

Provide case management services for people with developmental disabilities or serious mental illness to help them achieve personal goals for living, working and learning in their chosen environments. Also administers 310-COPE, which is a community crisis response. A mobile outreach team of professionals in York Region experienced in handling mental health crisis. Crisis workers will provide telephone support to a person in crisis and their family.

905-898-6455
1-888-695-0070
www.yssn.ca
Email: contact@yssn.ca

Connex Ontario Health Services Information

Three helplines that provide information for people experiencing problems with gambling, drugs or alcohol and mental illness including services in the community, support and strategies to help reach goals as well as basic education.

1-866-531-2600
www.connexontario.ca
Email: administration@connexontario.ca

COUNSELLING AND MENTAL HEALTH SERVICES

Family Services York Region

Counselling Services are available at 5 office locations across York Region as well as online. Fees are assessed on a sliding scale according to the individual's income and ability to pay. A portion of the fee may be covered by subsidy or insurance. Programs offered include Men's Anger Management, Triple P Parenting and Family Transitions Parenting for separated and divorced parents.

Newmarket (Main Offices): 905-895-2371 or 1-888-223-3999

Georgina: 905-476-3611

Richmond Hill (Bayview): 905-883-6572

Email: info@fsyr.ca

www.fsyr.ca

French/Français support: 416-922-2672

Chinese support: 905-477-5741

Tamil support: 647-243-9625

Hindi, Punjabi, Urdu, Gujarati support: 647-243-9190

Farsi support: 647-243-9646

Spanish support: 647-243-9668

York Rainbow support: 1-888-967-5542

Catholic Community Services of York Region – Richmond Hill

Serves people with social and personal needs in order to strengthen and enhance individual and family functioning and to empower them to live their lives as independent, healthy and socially responsible people through individual and family counseling, immigration and settlement support as well as programs for men, women and children. Parenting support programs offered including those focussing on grandparents, teens, fathers, new parents and step families. Separation and divorce support groups offered as well.

905-770-7040

1-800-263-2075

Email: CCSYR@ccsy.org

www.ccsyr.org

40+ Languages Available for Counselling: English, Arabic, Chinese, Farsi, French, Korean, Russian, Tagalog, Turkish, Urdu

Jewish Family and Child Service, York Region Branch - Vaughan

Supports and promotes healthy development of individuals, families and communities in the Greater Toronto Area through prevention, counseling, education and advocacy services within the context of Jewish values. Separation and Divorce programs are offered for a fee.

416-638-7800 x6234

1-800-404-1393 (After Hours/Weekends)

Email: info@jfandcs.com

www.jfandcs.com

Canadian Mental Health Association, York Region

Assist people in learning how to maintain their mental health, look for and identify the signs of mental illness, and get help and support when they need it. There are several locations across York Region and South Simcoe, and they provide a wide range of services to assist individuals with their recovery and as well as their family/friends.

905-841-3977

1-866-345-0183

www.cmha-yr.on.ca

Email: yorkregion@cmha-yr.on.ca

Chinese Family Service of Ontario

Counselling for people with addictions and their families through individual, group and family therapies. Services are available in Cantonese, Mandarin, Shanghaiese and English and are free of charge.

416-979-8299

1-866-979-8298

Email: info@chinesefamilyso.com

www.chinesefamilyso.com

(Services offered in: English, Chinese, Mandarin & Vietnamese)

Hong Fook Mental Health Association - Scarborough

Provides ethno specific counseling and other support services (housing programs, support groups) to people with mental health problems and for their family members. Target populations are Chinese, Vietnamese, Cambodian and Korean. Also provides promotion and prevention programs to enhance public's understanding of mental health.

416-493-4242 (North York)

416-479-7600 (Scarborough)

Email: info@hongkook.ca

www.hongfook.ca

Lance Krasman Memorial Centre for Community Mental Health (Krasman Centre) – Richmond Hill

Resource centre providing information, referral and support to people who have experience with mental health issues and their families and friends. It is the home of the Self-Help Network and provides opportunities for consumers, survivors and family members to have mutual support. Traveling resource centre available in alternating locations across the Region on two weekends per month. A non-crisis telephone line is available to provide support from a recovery/peer informed perspective.

905-780-0491

Warm Line & Peer Crisis Support Service (24/7): 1-888-777-0979

Email: info@krasmancentre.com

www.krasmancentre.com

Mood Disorders Association of Ontario (MARK) – Toronto

Provides a safe, non-judgmental contact for persons with mood disorders, clinical depression or bipolar disorder. Also provides opportunities for family members to exchange experiences and share coping resources through peer support groups.

416-486-8046 or 1-888-486-8236

Email: info@mooddisorders.ca

www.mooddisorders.ca

Markham Stouffville Hospital

The Markham Stouffville Hospital Crisis Team provides urgent assessment and intervention for individuals in the acute stages of illness and experiencing a psychiatric crisis. The crisis team provides support 24 hours a day, 7 days per week. Other mental health services are provided to adults, children and youth as well. Please refer to website for more information.

General Line: 905-472-7373

Emergency Department: 905-472-7111

Crisis Line: 905-472-7556

TTY: 905-472-7585

www.msh.on.ca

Schizophrenia Society of Ontario

Provides Ask the Expert (ATE) that assists individuals and families living with schizophrenia and psychosis across Ontario through telephone, online and in-person support. Able to provide customized, supportive counseling, advice on system navigation and connects clients to local resources and services available throughout the province. All questions and responses are kept private and confidential.

Other programs include support groups for family members and friends of individuals with serious and persistent mental illness; support to those with mental health and immigration

issues; youth struggling with mental illness as well as youth involved with the criminal justice system.

416-449-6830

1-800-449-6367

Email: support@iamentalhealth.ca

www.schizophrenia.on.ca

Southlake Regional Health Centre – Newmarket

This is a full-service hospital serving northern York Region and southern Simcoe. The Mental Health Program provides a range of services for children, adolescents and adults with serious mental health issues. The major focus of the program is to assist individuals through severe episodes of illness and gradually move them into less acute services. Services include in-patient and day patient services for adults and children as well as Eating Disorders clinic for children and youth.

905-895-4521

TTY: 905-952-3062

www.southlake.ca

Mackenzie Health (formerly York Central Hospital)

An acute care facility that provides diverse inpatient and outpatient services to residents of Southwest York Region. Mental Health services are offered to children, youth and adults and cover prevention, early identification and intervention. Call general hospital information line 24 hours a day, seven days a week for further details.

Richmond Hill: 905-883-1212

Vaughan: 905-417-2000

www.mackenziehealth.ca

York Support Services Network

Provides case management services for people with developmental disabilities or serious mental illness to help them achieve personal goals for living, working and learning in their chosen environments. Also administers 310-COPE, which is a community crisis response. A mobile outreach team of professionals in York Region experienced in handling mental health crisis. Crisis workers will provide telephone support to a person in crisis and their family.

905-898-6455

1-888-695-0070

www.yssn.ca

Email: contact@yssn.ca

Centre for Addiction and Mental Health (CAMH)

Provides a variety of services in the area of addictions and mental health. CAMH operates central clinical and research facilities. In addition, CAMH has 26 locations throughout Ontario that work with local service providers to ensure CAMH's work in the areas of care, health promotion, research and education are reflective of the needs of Ontarians and ensures new knowledge is used in addressing addiction and mental health problems at the local level.

From the GTA: 416-535-8501

Toll Free: 1-800-463-2338

Email: info@camh.ca.

www.camh.net

CHILDREN AND YOUTH

York Hills Centre for Children, Youth & Families.

Provides help to families by assisting with parenting challenges and managing family relationships. Many of the parents receiving service need help with child management, parenting skills and building a stronger parent-child relationship. Many of the children/youth served have experienced trauma and abuse, domestic violence, family breakdown and other issues that affect their healthy development. These children often experience conflict at school or in childcare, difficulties with peers and family members, and issues related to self-regulation, anger management, impulsivity or developmental difficulties. Children/youth are helped by working with the whole family. Each child and family's unique strengths, needs and challenges are identified. Services offered range from prevention to intensive services and may or may not include day treatment, residential services, groups, workshops, play therapy or brief therapy.

905-503-9560 or 1 866-536-7608

Email: yorkhills@yorkhills.ca

www.yorkhills.ca

Hollandview Bloorview Kids Rehabilitation Hospital – Toronto

Serves Ontario's children and youths with disabilities and special needs, and their families. Specializes in family-centred rehabilitation, consumer and provider education, research and advocacy.

416-425-6220 or 1-800-363-2440

Email: info@hollandbloorview.ca

www.hollandbloorview.ca

Giant Steps Toronto/York Region – Thornhill

Giant Steps is a school and therapy centre that builds the skills and abilities of children with autism through academics, specialized therapies, life skills and integration.

905-477-3855

Email: info@giantstepstoronto.ca

www.giantstepstoronto.ca

Jericho Youth Services

Offers recreation and leisure activities for youth in Georgina to develop leadership qualities and positive attitudes. Locations throughout Georgina. Programs are held in local schools and facilities.

905-722-5540

Email: info@jerichoys.org

www.jerichoyouthservices.org

York Region Abuse Program (YRAP)

Provides group treatment, training, education and prevention services in child abuse.

905-853-3040

<http://safetybound.ca/home.aspx>

Kerry's Place Autism Services - Central East Region

Provides specialized innovative supports for children, adolescents and adults with autism to address individual social, educational, vocational and developmental needs. Specialized residential services and community outreach program for adolescents and adults. Provides support and consultation to children/adolescents with autism who live at home with their families by offering parent/mediator training, program planning, and case management.

905-841-6611 or Tollfree: 1-833-775-3779

Email: *info@kerrysplace.org*

www.kerrysplace.org

Kinark Child and Family Services

Offers group counseling, professional assessments, youth crisis intervention, respite relief, and residential treatment. Contact main office for information on these services. Mobile crisis response for children and youth available. Early Intervention Services can also be accessed to support children with special needs.

Child and Youth Mental Health Services: 1-888-454-6275

Autism Services: 1-800-283-3377

Email: *info@kinark.on.ca*

www.kinark.on.ca

New Path Youth and Family Counseling Services

Provides residential treatment to youth and adolescents (12-18) who are experiencing severe emotional/behavioural/family difficulties. Offers family counseling, individual counseling, groups, life skills and Section 20 on-site schooling if necessary. Centralized intake process. This service is primarily in Simcoe Region.

Central Intake: 705-725-7656 or 1-866-566-7656

Email: *info@newpath.ca*

www.newpath.ca

RAINBOWS Canada – Barrie

The curriculum is designed to assist children, adolescents and adults who are grieving a death, divorce or any other painful transition in their family. There are religious and secular editions available. Also offers training and programs for establishing local peer support groups in churches, synagogues, hospitals, schools or social service agencies.

705-726-7407 or 1-877-403-2733

Email: *info@rainbows.ca*

www.rainbows.ca

Let's Talk Child Witness Program (Run by YellowBrick house & Sandgate Women's Shelter)

To help children 4-18 years old) throughout York Region understand the cycle of abuse and deal with their feelings as witnesses or victims of domestic violence. The program aims to provide children with a safe and supportive environment where they can talk about their experiences and participate in a variety of activities aimed at assisting them in working through their feelings.

Yellow Brick House: 905-709-0900 or 1-877-222-8438

Email: info@yellowbrickhouse.org

www.yellowbrickhouse.org

Sandgate: 905-722-4043 or 1-800-661-8294

Email: info@sandgate.ca

www.sandgate.ca

Southlake Regional Health Centre – Newmarket

The Mental Health Program provides a range of services for children, adolescents and adults with serious mental health issues. The major focus of the program is to assist individuals through severe episodes of illness and gradually move them into less acute services. Services include in-patient and day patient services for adults and children as well as Eating Disorders clinic for children and youth.

905-895-4521

TTY: 905-952-3062

www.southlake.ca

Cedar Centre – Newmarket

Provides group treatment, training, education and prevention services in the area of child abuse. Services include individual and group therapy.

905-853-3040 or 1-800-263-2240

Email: cedar@cedarcentre.ca

www.cedarcentre.ca

Youth Assisting Youth

Community-based program matching youth volunteers to a one-on-one relationship with "at risk" children. The Peer Project matches youth mentors, ages 16-29, with newcomer and at-risk kids, ages 6-15, in a one-on-one peer mentoring relationship.

416-932-1919 or 1-877-932-1919

Email: mail@yay.org

www.youthassistingyouth.com

Youthdale Treatment Centre

Children's mental health centre located in Toronto. Offers three satellite services in York

Region. Short-term locked psychiatric unit is available for York Region youth. Parents and legal guardians who need urgent help can call our Crisis Service Line 24 hours a day, seven days a week.

416-368-4896 ext. 2000
Crisis Line: 416-363-9990
www.youthdale.ca

360 Kids

360°kids operates a variety of programs to give kids the support they need to reach a state of safety and stability. These include Drop-In Centres (Richmond Hill & Vaughan), Street Outreach Team, Youth Employment Programs, Youth Residential Homes for youth in crisis, Aftercare/Transitional Support and Youth Apartments.

905-475-6694
Email: info@360kids.ca
www.360kids.ca

Sutton Youth Multi-Service Centre

Emergency shelter and transitional housing for homeless youth. Provides in-house anger management and counselling and employment help, and acts as a meeting place for Narcotics Anonymous (NA) and Alcoholics Anonymous (AA).

905-722-9076 or Toll Free: 1-877-972-0898
Email: contact@suttonyouthshelter.ca
www.suttonyouthservices.ca

FOR MEN

Catholic Community Services (Focus on Fathers and Reconnecting Fathers Programs) – Richmond Hill

Two programs offered for fathers living with or without their children, providing management skills with a multicultural focus. Programs are offered in several different languages.

905-770-7040 ext. 241
1-800-263-2075 ext. 241

John Howard Society York Region – Newmarket

Provides the Partner Assault Response (PARs) program, Direct Accountability Program, Reintegration Services for men in the criminal system as well as Anger Management Programs in York Region.

905-895-9943

Email: admin@jhsyork.ca
www.johnhoward.on.ca/yorkregion

Blue Door Shelter for Youth, Men and Families

Provides safe, supportive shelter and services for people who are homeless or at risk of becoming homeless. They operate three, no-fee, emergency shelters for families, men and youth.

Porter Place Men's Shelter
Leeder Place for Families
Youth Shelter
905-898-1015
Toll Free: 1-888-554-5525
Email: info@bluedoor.ca
www.bluedoorselters.ca

John Howard Society (Dads Aiming for Direction and Support Program)
Counseling and emotional support groups sponsored through the John Howard Society of Durham.

905-453-0352
<https://johnhoward.on.ca/durham/>

In Search of Justice

Provides advocacy and representation for men in divorce, custody and access of children, spousal support, assault charges, sexual assault/harassment and labour matters. Provides legal service, education and political activism.

416-240-0258
www.rossvirgin.com

FOR WOMEN

Domestic Abuse and Sexual Assault Care Centre – Richmond Hill

Acute medical care and forensic evidence collection located in Mackenzie Health Care and available 24-hours (within 72 hours of a sexual assault). Domestic abuse care for adults, 16 years and older (by current or previous intimate partner) 24-hours a day. Counseling by appointment. Interpreter services available.

905-832-1406 or 1-800-521-6004 (Mon-Fri)
For Emergency services call 905-883-1212 ext. 0 (ask for DASA nurse)
www.mackenziehealth.ca

Rose of Sharon Services for Young Mothers – Newmarket

Provides support and educational services to young women who are pregnant and/or parenting under the age of 25 across York Region.

905-853-5514 Or 1-877-516-3715

Email: information@roseofsharon.com

www.roseofsharon.com

Women's Centre of York Region – Newmarket

Range of supports and services to assist women, primarily sole-support mothers, in developing their skills in decision-making to enable them to live in better ways. Services are free and child minding is available.

905-853-9270 or 1-855-853-9270

www.wcyr.ca

Women's Support Network of York Region

A rape crisis centre dedicated to providing free, confidential services for women who have experienced sexual violence. Assists women who are survivors of sexual assault and/or sexual abuse by providing support, advocacy, counseling, information, referrals and education. High School Outreach Program supports high school students (male and female) with issues around sexual violence, healthy dating relationships and coming-out issues.

General Info: 905-895-3646

Crisis Line: 905-895-7313

Email: info@womenssupportnetwork.ca

www.womenssupportnetwork.ca

Yellow Brick House Shelter for Women and Children

Provides services and emergency shelter for women (with or without kids) who have experienced or are at risk of abuse. Transitional housing, counseling, support groups and legal support/advocacy available.

Emergency Shelter Line: 905-727-1944

Crisis Line: 1-800-263-3247

Outreach Services 1-877-222-8438

Email: info@yellowbrickhouse.org

www.yellowbrickhouse.org

Sandgate Women's Shelter – Richmond Hill

Emergency Shelter for women (with or without kids) who have experienced or at risk of abuse. Transitional housing, counseling, support groups and legal support/advocacy available.

905-787-8604

Crisis Line: 1-800-661-8294

Email: info@sandgate.ca

www.sandgate.ca

Canadian Federation of University Women - Aurora/Newmarket

A national women's organization which participates in public affairs, promotes education, and works to improve the status of women and human rights. Monthly meetings and interest groups provide opportunities for fellowship and support.

613-234-8252

Email: cfuw.info@gmail.com

<https://www.cfuwaauroraneumarket.com/>

Congress of Black Women of Canada – York Region Chapter

Provides assistance in an advocacy role, in areas of health, pension, child care, education, sexism, racism and housing. The chapter is a member of a national organization.

1-866-986-2292

<https://cbwc-ontario.org/>

National Council of Jewish Women of Canada - Toronto Section

Enhances the lives of the community through engagement in research, education, advocacy and community service. Services include English as a Second Language, literacy classes; wellness for women seminars; puppet troupes for children with disabilities and seniors' programs. Call for details.

416-633-5100

E-mail: info@ncjwctoronto.org

www.ncjwctoronto.org

Ontario Women's Directorate

Provides focus for government action on issues of concern to women. In particular, social, economic and justice-related issues. The main areas of activity are: preventing violence against women and promoting women's economic independence.

416-314-0300

Email: mswcontact@ontario.ca

www.women.gov.on.ca

Women's Wellness Centre

The Women's Wellness Centre has been operating in Vaughan since 1984. Its mandate is strictly education to raise awareness, build competency and enhance skills in various areas of women's lives. The themes explored on a weekly basis vary from health and nutritional issues to managing finances, to examining spirituality. Women meet on a weekly basis and have the opportunity to learn and network using the expertise of educators in York Region. No membership is required.

1-905-851-1420
forouzb@rogers.com

York Region Violence Against Women Coordinating Committee

Community partnership of Violence Against Women funded services working to develop and implement a coordinated plan for a comprehensive community-based service system. Committee contributes to the overall effort to eradicate violence against all women and their children through a leadership role in advocacy, education, and social action.

905-709-0900
Email: yorkrvawcc@gmail.com
www.yrvawcc.ca

Blue Door Shelter

Provides safe, supportive shelter and services for people who are homeless or at risk of becoming homeless. They operate three, no-fee, emergency shelters for families, men and youth.

Porter Place Men's Shelter
Leeder Place for Families
Youth Shelter
905-898-1015
Toll Free: 1-888-554-5525
Email: info@bluedoor.ca
www.bluedoorshelters.ca

CRISIS SERVICES

310- COPE (York Support Services Network)

310-COPE is a community crisis response line. Crisis workers will provide telephone support to a person in crisis and their family. A mobile outreach team of professionals in York Region experienced in handling mental health crisis is also available.

Toll Free: 1-855-310-2673

TTY: 1-866-323-7785

www.yssn.ca

Connex Ontario Health Services Information - London

Three helplines that provide information for people experiencing problems with gambling, drugs or alcohol and mental illness including services in the community, support and strategies to help reach goals as well as basic education.

Mental Health Helpline 1-866-531-2600

www.connexontario.ca

Kids Help Phone

Provides toll-free confidential telephone counseling, by professional counselors, to children and teenagers. Services are offered 24-hours a day, 7 days a week and bilingual services available.

1-800-668-6868

Text: 686868

www.kidshelpphone.ca

Women's Support Network of York Region (formerly Women's Sexual Assault Helpline)

A rape crisis centre dedicated to providing free, confidential services for women who have experienced sexual violence. Assists women who are survivors of sexual assault and/or sexual abuse by providing support, advocacy, counseling, information, referrals and education. High School Outreach Program supports high school students (male and female) with issues around sexual violence, healthy dating relationships and coming-out issues.

General Info: 905-895-3646

Crisis Line: 905-895-7313

Email: info@womenssupportnetwork.ca

www.womenssupportnetwork.ca

Youthdale Treatment Centre

Children's mental health centre located in Toronto. Offers three satellite services in York Region. Short-term locked psychiatric unit is available for York Region youth. Parents and

legal guardians who need urgent help can call our Crisis Service Line 24 hours a day, seven days a week.

416-368-4896 ext. 2000
Crisis Line: 416-363-9990
www.youthdale.ca

EMPLOYMENT

Job Skills

Job Skills offers a variety of programs and services to help unemployed and underemployed individuals succeed in their job search.

Newmarket Toll Free: 1-866-592-6278
Brampton 905-453-7896
Keswick 905-476-8088
Markham 905-948-9996
Mississauga 905-273-3360
Stouffville 905-640-3909
www.jobskills.org

Strategic Employment Solutions (Assisting People with Disabilities)

March of Dimes Canada provides a wide range of services including employment support to people with physical disabilities throughout the country. Services not offered in York Region.

416-425-3463
1-800-263-3463
www.marchofdimes.ca

Seneca Workforce Skills Centre

Assists individuals with employment and training opportunities and supports employers through various incentive services in the community.

Newmarket 905-898-6199
Vaughan 905-417-1781
www.workforceready.ca

York Works Employment Services

Employment Source Staff can provide resources and tools to help you find suitable employment. Some of the services include (at no cost) resources, job searching, career assessment and job.

Stouffville 905-640-2352 x 2801
Email: contactstouffville@yorkworks.ca
Sutton 905-722-1480
Email: contactsutton@yorkworks.ca
www.yorkworks.ca

Costi Immigrant Services

Services include information and referral to appropriate services, employment assessment and counselling, work placement, job search training, and youth employment services. Specialized employment services for internationally trained individuals as well. Services are offered in over 63 languages.

Head Office 416-658-1600
Newmarket 289-841-3032
Richmond Hill 289-842-3124
Vaughan 905-761-1155
Markham North 289-846-3645
Markham South 905-479-7926
Email: info@costi.org
www.costi.org

JVS Toronto

Provides career exploration, job search support, employment recruitment, mentoring, job coaching and retention, as well as psychological, educational and vocational assessments and treatment services delivered across nine locations.

General Line: 416-787-1151
Markham 905-470-9675
Scarborough 416-286-0505
Toronto 416-929-4331
Toronto (North) 416-661-3010
Email: services@jvstoronto.org
www.jvstoronto.org

Employment Resources Centres – for Ontario Works recipients

Employment assistance to help clients find, prepare for and keep a job. This assistance may include workshops on resume writing and interviewing, job counselling, job-specific training and access to basic education, so clients can finish high school or improve their language skills. Contact local Ontario Works office for more information.

Richmond Hill 905-762-2095
Vaughan 905-660-4882
Newmarket 905-868-8900
Georgina 905-989-1883

York Region District School Board – Employment Source

905-640-2352
Email: contactstouffville@yorkworks.ca
www.yorkworks.ca

YRDSB Inclusive School and Community Services

905-884-2046 or Toll Free: 1-877-280-8180

Email: iscs@yrdsb.ca

<https://www2.yrdsb.ca/about-us/departments/inclusive-school-and-community-services>

FINANCIAL

Community Credit Counselling Services of York Region

To help you overcome your debt and get you and your financial health back on track. Free of charge services that include helping to educate you on budgeting and money management while at the same time offering you a practical solution to your immediate challenges with debt through debt consolidation.

905-707-7695 or 1-800-500-0003

Email: intake@debthelpcanada.com

www.yorkcounselling.ca/

Women's Centre of York Region

Provides a Financial Empowerment group for women over a six-month period and include topics such as budgets, managing debt and financial health during separation and divorce, women.

905-853-9270 or 1-855-853-9270

www.wcyr.ca

Ontario Disability Support Program

Offers Income support - Financial assistance provided each month to help with the costs of basic needs, like food, clothing and shelter. Income support also includes benefits, like drug coverage and vision care, for clients and their eligible family members. Also offers Employment supports - Services and supports to help clients with disabilities find and keep a job, and advance their careers. Please contact local Ontario Works office for more information.

Richmond Hill 905-762-2095

Vaughan 905-660-4882

Newmarket 905-868-8900

Georgina 905-989-1883

<https://www.ontario.ca/page/ontario-disability-support-program>

Social Assistance/Ontario Works

Offers financial assistance, including income support to help with the costs of basic needs, like food, clothing and shelter, health benefits for clients and their families. There is employment assistance to help clients find, prepare for and keep a job. This assistance may include workshops on resume writing and interviewing, job counselling, job-specific training, access to basic education, so clients can finish high school or improve their language skills.

Richmond Hill 905-762-2095

Vaughan 905-660-4882

Newmarket 905-868-8900

Georgina 905-989-1883

<https://www.ontario.ca/page/ontario-works>

Ontario Rent Bank

For an appointment with a Homelessness Prevention Co-ordinator in your area, please call:

Markham (905) 472-3009 / Georgina (905) 722-4613 / Newmarket (905) 895-6119

<http://ontariorentbank.net/York>

FOOD BANKS

Community Foodbanks

Aurora Food Pantry 905-841-1577

Mount Albert Food Pantry/East Gwillimbury 905-473-2562

Georgina Community Food Pantry 905-596-0557

King Township Food Bank 905-806-1125

Markham Food Bank 905-472-2437

Newmarket Food Pantry 905-895-6823

Richmond Hill Community Foodbank 905-508-4761

Humanity First/Vaughan 416-440-0346

Vaughan Foodbank 905-851-2333

Whitchurch-Stouffville Foodbank 905-591-4443

Salvation Army Church Newmarket 905-895-6276

Salvation Army Church Markham 905-471-1038

York Region Food Network

Provides fresh local produce to low income homes, food bank information, the Good Food box program and access to community gardens, along with community support and awareness.

Aurora 905-841-3101

Email: 4moreinfo@yrfn.ca

www.yrfn.ca

Humanity First Food Bank

Provides 2 weeks to 1 month of groceries for a low-income family. Food support can be provided for walk-in clients and a home delivery service is available to those who have no transportation or are physically challenged.

Concord 416-440-0346

Email: info@humanityfirst.ca

HOUSING

Crosslinks Housing and Support Services

(for those with serious mental health needs)

Housing and support services for men and women 16 to 64 with mental health issues, substance abuse challenges and homelessness or the risk of homelessness.

905-967-0357

Email: info@loftcs.org

www.loftcs.org

York Region Housing Help Centre

Provides a one-stop housing registry which provides a direct link to the public, non-profit and cooperative rental housing market and other supports.

Head Office: 416-285-8070

Markham: 416-317-3655

Thornhill and Georgina: 416-414-6779

Vaughan: 416-268-0654

Richmond Hill: 647-241-1237

Newmarket: 647-267-5319

www.shhc.ca

Energy Assistance Program

The Energy Assistance Program provides a yearly one-time financial grant to eligible low-income customers who are experiencing difficulty paying current arrears with their electricity or natural gas providers. Must be a customer of Enbridge or Powerstream. Contact either company or the Housing Help Centre for more information.

905-508-1877 or 416-285-8070

www.shhc.ca

Ontario Electricity Support Program (OESP)

If you are a customer of an electricity utility and in a lower-income home, you may qualify for a reduction on your electricity bill. The OESP will reduce the cost of your household electricity by applying a monthly credit directly to your bill. The credit amount will depend on how many people live in your home and your combined household income.

1-855-831-8151

Email: help@ontarioelectricitysupport.ca

www.ontarioelectricitysupport.ca

Transitional and Supportive Housing

1-877-464-9675 ext. 76140

<https://www.york.ca/support/housing/emergency-and-transitional-housing>

Ontario Rent Bank

May be able to help you pay for rent and utility arrears, moving costs and mortgage payment arrears. Two programs offered:

Homelessness Prevention program - If you are not receiving Ontario Works, please call:

For Markham, Richmond Hill and Vaughan 416-638-7800, ext. 6234

***For Aurora, East Gwillimbury, King, Newmarket, Whitchurch-Stouffville
and Georgina 905-895-6119, ext. 1***

Housing Stability Program- for those receiving Ontario Works or ODSP

Call Access York 1-888-256-1112

www.ontariorentbank.net/York

Region of York Community and Health Services

905-895-1231 or 1-877-464-9675 (1-877-GO4-YORK)

Email: accessyork@york.ca

<https://www.york.ca/health>

PARENTING SUPPORT RESOURCES

KIDSLINE

Refers parents to programs offered by York region and community partners. Can also access information about child care fee assistance, early intervention services, preschool speech and language as well as child care (parenting) support.

1-888-703-5437 (KIDS)

<https://www.york.ca/support/childrens-services/kids-line>

Autism Ontario

The leading source of information and referral on autism and one of the largest collective voices representing the autism community. Members are connected through a volunteer network of Chapters throughout the Province of Ontario. Check out

<http://everybodyisaok.com/> for more information on programs and services offered in York Region.

416-246-9592

1-800-472-7789

Email: info@autismontario.com

autismontario.com

Autism Society Ontario - York Region Chapter

Information, education, advocacy, and self-help support group with linkages to community agencies for families living with Autism Spectrum Disorders. Twice-monthly educational workshops, monthly support group meetings, summer day camp. Website, by parents for parents, hosted chats and mentoring at www.bbbautism.com. Office hours fluctuate, please call for an appointment.

905-780-1590

Email: chaptermgr.york@autismontario.com

<http://www.autismontario.com/york>

The Family Resource Centre – Thornhill (In the Promenade Mall)

Provides support to parents, caregivers and children from birth to six years old by offering drop-in services, resource library and workshops. Hours vary in summer, call for details. Operated by Jewish Family and Child Services.

416-638-7800

Email: info@jfandcs.com

www.jfandcs.com

EarlyOn (formally Ontario Early Years Centre)

For parents and caregivers of children aged 0 to 6 to get information they need about their children's development. Serves as a gateway for parents to get answers to questions they may have as well as information on available programs and services including those for children with special needs. Staffed, by experts, professions and volunteers. For program details and additional sites please call for details. Operated by York Child Development and Family Services.

There are several sites, but you can find the location closest to you here:

<https://www.ontario.ca/page/find-earlyon-child-and-family-centre>

Child Parent Resource Centres

Provides resources for parents with children from 0-6 years of age. Parent education workshops, drop in programs, first aid programs, early learning activities and more. Please call centre for their schedules.

Markham 905-471-1620

Newmarket (through Rose of Sharon) 905-853-5514

Email: information@roseofsharon.com

HOPE: Helping Other Parents Everywhere

Helping and supporting parents who feel helpless and ineffective in dealing with problem behavior in youths. Parents for Youth has developed an effective method for helping parents deal with youth with behavioral problems. Small groups of 12 or less are offered, in a safe, caring and confidential environment. Please call for group locations.

1-866-492-1299

Email: info@hope4parents.ca

www.hope4parents.ca

Learning Disability Association of York Region

Assist individuals with learning disabilities to achieve their potential. Children, youth and adult programs offered as well as a wealth of resources. Must have a learning disability diagnosis to access services.

905-884-7933

Email: info@ldays.org

<https://ldays.org/>

Parent Action on Drugs

Helps parents and others make informed choices about substance abuse issues that affect their children. PAD provides parents, teens, and the community with the tools they need to prevent the abuse of alcohol and other drugs.

1-416-395-4970 or 1-877-265-9279

Parents for Youth: Helping and Supporting Parents

Helping and supporting parents who feel helpless and ineffective in dealing with problem behavior in youths. Small groups of 12 or less, in a safe, caring and confidential environment. Parents for Youth has developed an effective method for helping parents deal with youth with behavioral problems.

416-921-8092

www.peggygrigor.com/pfy.html

LEGAL AND ASSESSMENT RESOURCES

Peel Family Mediation Services

Family Mediation and Information Service available through the Family Law Information Centre (FLIC) at the Newmarket Court House. It can assist families who are separating or divorcing reach agreements in regards to custody, access, property/financial distribution, and support. In addition, Family Mediation & Information Services offers a free 2-hour parent information session (MIP) highlighting the impact of divorce/separation on children and parents.

905-853-4816

Email: ircnewmarket@peelfamilymediation.org

<https://www.peelfamilymediation.org/home/>

Community Legal Clinic of York Region

Provides legal services (advice/representation), public legal education, and assistance to community groups with law reform and community development. Does not provide assistance with criminal or immigration issues. May be able to provide summary advice by telephone. Operates Duty Counsel Program for tenants appearing before the Ontario Rental Housing Tribunal. Please call main office for all appointments.

905-508-5018 or 1-888-365-5226

Email: client@clcyr.on.ca

www.clcyr.on.ca

Community Legal Education for Ontario (CLEO)

CLEO produces clear, accurate and practical legal information to help people understand and exercise their legal rights. Also offers three interactive flowcharts to help people understand and work through the family law process.

416-408-4420

Email: info@cleo.on.ca

www.cleo.on.ca

Justice for Children and Youth

Provides legal representation and information in the areas of residential care, education, criminal matters, child welfare, financial assistance to young people under the age of 18 and homeless youth under the age of 25 in Ontario. Free legal advice available to youth.

416-920-1633

1-866-999-5329

Email: general@jfcy.clcj.ca

www.jfcy.org

Ontario Collaborative Family Law Federation

The federation provides information about collaborative law and alternatives to a typical divorce. They can connect you to collaborative law resources, information and family law professionals practicing collaborative family law.

Email: info@oclf.org

www.oclf.ca

Legal Aid Ontario

Legal Aid is available to low income individuals and disadvantaged communities for a variety of legal problems, including criminal matters, family disputes, immigration and refugee hearings and poverty law issues such as landlord/tenant disputes, disability support and family benefits payments. Family Law Service Centre (FLSC) offer eligible clients a range of legal resources and support for family matters in Newmarket but you need a referral to use services.

1-800-668-8258 (Referral Number)

17070 Yonge Street, Newmarket

www.legalaid.on.ca

Toronto: 416-979-1446

Toll Free: 1-800-668-8258

Office of the Children's Lawyer, Ontario Ministry of the Attorney General

The Children's Lawyer investigates advocates, protects and represents personal and property rights and obligations of children before courts and tribunals. Issues dealt with may include custody and access, child protection and minor beneficiaries of estates or trusts.

416-314-8000

Email: OCL.Inquiries@ontario.ca

<https://www.ontario.ca/page/office-childrens-lawyer>

Law Society of Upper Canada

This is the regulatory body of the bar (lawyers) in Ontario.

1-800-668-7380
416-947-3315
Email: law.society@lso.ca
<https://www.lso.ca/home>

Lawyer Referral Service

LSRS will help you find a lawyer or paralegal who provides legal services in the area of law that meets your needs. The service can also help you find a legal representative who meets specific requirements, such as speaking a certain language or accepting Legal Aid certificates (lawyers only). Lawyers or paralegals participating in the service will offer you up to a half-hour free consultation. This consultation may be over the phone or in person (the choice is up to the legal representative).

416-947-5255 or 1-855-947-5255
<https://lsrs.lso.ca/lsrs/welcome>

York Collaborative Practice

The York Collaborative Practice is a group of lawyers, financial professionals and mental health practitioners who are committed to assisting separating couples in resolving their family law disputes a better way.

www.yorkcollaborativepractice.com

York Law

Access to a listing of Family Lawyers in York Region. You are able to search for lawyers based on area of practice.

905-895-2018 or 1-866-221-8864
Email: bdykstra@yorklaw.ca
www.yorklaw.ca

York Region Centre for Community Safety

Multi-disciplinary team of professionals that will provide key services to victim-survivors of domestic violence and their families. The Centre strives to ensure victim-survivors of domestic violence can access the services they need, without having to repeatedly tell their experiences.

905-836-7601
www.yrccs.ca

Justice Net

JusticeNet is a not-for-profit service helping people in need of legal expertise, whose income is too high to access legal aid and too low to afford standard legal fees. Lawyers offer services at reduced rates.

416-479-0551 or 1-866-919-3219
Email: info@justicenet.ca
www.justicenet.ca

In Search of Justice

Provides advocacy and representation for men in divorce, custody and access of children, spousal support, assault charges, sexual assault/harassment and labour matters. Provides legal service, education and political activism.

416-240-0258 or 1-905-850-3344

<https://kidsneedtheirdads.com/>

Na'Amat Canada

Provides free legal advisory clinic for women. Half hour consultations.

416-636-5425

Toll free: 1-888-622-6280

Email: Toronto.info@naamat.com

www.naamat.com

SEPARATION AND DIVORCE RESOURCES

The Family Law Information Centre (FLIC)

The FLIC hosts parent information sessions on the impact of divorce and separation on children. The session runs every second Tuesday and Thursday from 6-8PM. For further information please contact the FLIC. Free legal advice, access to mediation services, family court support workers and court clerks are also available at the FLIC.

50 Eagle St. Newmarket, ON

905-853-4816

ircnewmarket@peelfamilymediation.org

Father's Resources International

Supports men and fathers who are facing family break up including separation, divorce, child custody disputes, visitation issues, child support and spousal support concerns as well as fair property settlements. Services include Strategic Analysis, Divorce-Management Services, Divorce Coaching, Divorce Education programs and father-friendly referral network of hand-picked legal and/or other professionals. Support groups available in Toronto and Hamilton.

416-861-0626 or 1-888-543-2339

www.fathers-resources.com

York Region Supervised Access Program

The Supervised Access Program offers separated families a way to deal with some of the problems that may arise regarding visitation. Supervised access provides a safe and secure setting where visits and exchanges can take place under the supervision of trained staff and volunteers.

1-844-373-4515

Email: info@socialenterprise.ca or supervised.access@socialenterprise.ca
www.socialenterprise.ca/

My Family Wizard

Provides a neutral website for parent communication to help you manage the challenges of shared parenting with a former spouse or partner. There is a fee for the use of the service.

1-866-755-9991

Email: info@ourfamilywizard.com
www.ourfamilywizard.com

York Region Centre for Community Safety

Multi-disciplinary team of professionals that will provide key services to victim-survivors of domestic violence and their families. The Centre strives to ensure victim-survivors of domestic violence can access the services they need, without having to repeatedly tell their experiences.

905-836-7601

www.yrccs.ca

Jewish Family and Child Service, York Region Branch - Vaughan

Supports and promotes healthy development of individuals, families and communities in the Greater Toronto Area through prevention, counseling, education and advocacy services within the context of Jewish values. Evening appointments offered.

416-638-7800 x6234

1-800-404-1393 (After Hours/Weekends)

Email: info@jfandcs.com
www.jfandcs.com

New Beginnings

Support groups are offered weekday evenings or weekend retreats for widowed, separated, or divorced Christians. The registration fee is \$ 40.00. Contact Jean Deluca for further information.

416-260-8465

Email: info@newbeginningsprogram.ca
<http://newbeginningsprogram.ca/>

Na'Amat Canada

Provides free legal advisory clinic for women. Half hour consultations.

416-636-5425

Toll free: 1-888-622-6280

Email: Toronto.info@naamat.com

www.naamat.com

Women's Centre of York Region

Range of supports and services to assist women, primarily sole-support mothers, in developing their skills in decision-making to enable them to live in better ways. Services are free. Food room and clothing room for clients. Focus on violence issues. Entrepreneur course for low-income women.

905-853-9270 or 1-855-853-9270

www.wcyr.ca

SHELTERS

Out of the Cold

Provides safe refuge, warm hospitality and emergency shelter in York Region to the homeless or those in need of food/clothing. Dinner, breakfast, clothing, medical attention and transportation to shelters available. Overnight shelters are operated by various inter-faith communities on different nights of the week from November to March. Locations throughout York Region.

416-948-6682

Free from any payphone 1-877-338-3398

www.miotc.ca

Blue Door Shelter for Youth, Men and Families

Provides safe, supportive shelter and services for people who are homeless or at risk of becoming homeless. We operate three, no-fee, emergency shelters for families, men and youth.

Porter Place Men's Shelter

Leeder Place for Families

Youth Shelter

905-898-1015

Toll Free: 1-888-554-5525

Email: info@bluedoor.ca

www.bluedoorshelters.ca

Yellow Brick House Shelter for Women and Children

Emergency Shelter for women (with or without kids) who have experienced or at risk of abuse. Multiple locations in York Region.

Emergency Shelter Line: 905-727-1944

Crisis Line: 1-800-263-3247

Outreach Services 1-877-222-8438

Email: info@yellowbrickhouse.org

www.yellowbrickhouse.org

Sandgate Women's Shelter

Emergency Shelter for women (with or without kids) who have experienced or at risk of abuse.

905-722-4043 or 1-800-661-8294

Email: info@sandgate.ca

www.sandgate.ca

Peel Family Mediation Services

50 Eagle St. W.

Newmarket, ON. L3Y 6B1

905-853-4816

ircnewmarket@peelfamilymediation.org

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