

# Youth Services Guide



Developed by Youth Net Hamilton  
[youthnethamilton.ca](http://youthnethamilton.ca)

## Counselling & Support

- ▶ **Catholic Children's Aid Society** - Also support & protection for abuse **905.525.2012**  
After hours emergency **905.522.8053**
- ▶ **Centre De Santé Communautaire Hamilton Wentworth (Francophone Community Health Centre)** - For mental health needs of children, adolescents and families, refugees and immigrants. **905.528.0163** Crisis line **1.877.336.2433** *f* \*
- ▶ **Chedoke Child & Family Centre** - Also consultation, assessment and treatment. Call CONTACT Hamilton **905.570.8888**
- ▶ **Child & Adolescent Services** - (Ages 0 - 18). Call CONTACT Hamilton **905.570.8888**
- ▶ **Children's Aid Society** - Also protection for abuse. **905.522.1121** After hours emergency **905.522.8053** *f*
- ▶ **CONTACT Hamilton** - Connects youth and families to mental health and community health services [www.contacthamilton.ca](http://www.contacthamilton.ca) **905.570.8888** *f*
- ▶ **Diverse Community Achievement Centre of Hamilton** - For black & minority youth. **905.543.0222** *f*
- ▶ **LEAF Program** - For children and youth ages 4-16 who have witnessed abuse of their mothers **905.523.8766** Crisis line **905-523-6277**
- ▶ **Outreach Services for Women and Children** - For women and children with issues of abuse and mental health **905.523.8766**
- ▶ **Settlement & Integration Services Organization (SISO)** - Services for refugees & new immigrants. **905.578.9270** *f* \*
- ▶ **The AIDS Network** - Free counselling, support, information & referrals for those infected & affected with HIV/AIDS **905.528.0854** [www.aidsnetwork.ca](http://www.aidsnetwork.ca) *f* \*
- ▶ **The Cleghorn Program** - Psychiatric and recovery services for ages 14-40, experiencing psychosis for the first time. **905.540.6586**
- ▶ **TeenNERV.ca** - A teen network for ending relationship violence. [www.teenNERV.ca](http://www.teenNERV.ca)
- ▶ **Your Life Counts** - Whatever you're going through we're there for you. [www.yourlifecounts.org](http://www.yourlifecounts.org)

## Shelters & Housing

- ▶ **Adolescent Community Care Program (ACCP)** - Help with welfare, housing, life skills, employment, & education (Ages 16 - 20). 121 Augusta St. **905.524.2501**
- ▶ **Brennan House** - For homeless young people (ages 16-20). 614 King St. E. **905.577.1166**
- ▶ **Housing Help Centre of Hamilton** - Assistance for people who are homeless or in danger of becoming homeless. 210 Napier St. **905.526.8100**
- ▶ **Inasmuch House** - For women in crisis. **905.529.8600**
- ▶ **Interval House** - For women in crisis. **905.387.9959** *f*
- ▶ **Martha House** - For women in crisis. **905.523.8895** *f*
- ▶ **Native Women's Centre** - For women in crisis. Crisis line and shelter. **905.664.1114**
- ▶ **Notre Dame House** - Emergency shelter & one-stop, multi-agency resource centre for homeless teens (ages 16-21). 14 Cannon St. W. **905.308.8090** *f*
- ▶ **Wesley Centre** - For men and women in need of shelter. Hot meals: Mon.-Sat., noon - 1:00, Sunday 4:00 p.m. 195 Ferguson Ave. N. **905.528.5640**.

## Legal Issues

- ▶ **Crime Stoppers** - If you have information about a crime **1.800.222.TIPS (8477)**  
[www.helpsolvecrime.com](http://www.helpsolvecrime.com)
- ▶ **Dundurn Community Legal Services** - Free legal advice. **905.527.4572** *f*
- ▶ **Hamilton Mountain Legal & Community Services** - Free legal advice. **905.575.9590** *f* \*
- ▶ **Hamilton Police Service** - **905.546.4925** *f*
- ▶ **Legal Aid** - Apply for approval to have lawyer's fee paid. **905.528.0134** *f*
- ▶ **McQuestion Legal & Community Services** - Free legal advice. **905.545.0442**
- ▶ **Ontario Provincial Police (OPP)** - **1.888.310.1122** *f*
- ▶ **St. Matthews House** - Free legal advice. **905.523.5546** *f*
- ▶ **Wesley Urban Ministries - Kirkendall-Strathcona Neighbourhood House** - Free legal advice. **905.528-8485**



## Education

- ▶ **Cornerstone** - High school education and psychiatric/emotional treatment program. **905.527.8115**
- ▶ **HWDSB Community & Continuing Education** <http://www.cce.hwdsb.on.ca> **905.561.2190**
- ▶ **James St. Alter Education Secondary** - Credits through self-paced independent program for ages 16-20. Most compulsory courses available. **905.527.2129**
- ▶ **Notre Dame** - High school education, referrals through school principals. **905.308.8090** *f*
- ▶ **S.A.L.E.P.** - Ages 14 -16), referrals through school principals. **905.387.9379**
- ▶ **Wilma's Place** - High school education (Ages 16 - 19), referrals through school principals. **905.525.6640**

## Alcohol, Drugs & Tobacco

- ▶ **Al-Anon**: For families & friends of alcoholics. **1.888.425.2666** [www.al-anon.alateen.org](http://www.al-anon.alateen.org)
- ▶ **Alateen**: Recovery program for young people. **1.888.425.2666** [www.al-anon.alateen.org](http://www.al-anon.alateen.org)
- ▶ **Alternatives for Youth** - Counselling for substance use & misuse (Ages 13-22) **905.527.4469**  
[www.ay.on.ca](http://www.ay.on.ca)
- ▶ **CONTACT Hamilton** - Connects youth and families to mental health and community services. [www.contacthamilton.ca](http://www.contacthamilton.ca) **905.570.8888** *f*
- ▶ **Smokers' Helpline** - [www.smokershelpline.ca](http://www.smokershelpline.ca) **1.877.513.5333**
- ▶ **The VAN Needle Exchange Program** - Needle exchange, free Hepatitis B Vaccine, counselling & referrals. **905.317.9966**

## Crisis & Support

- ▶ **Crisis Outreach & Support Team (C.O.A.S.T.)** 24 hour anonymous phone lines. **905.972.8338 f**
- ▶ **Brise Le Silence** 24 hour crisis line for French speaking women 16 and over **1.877.336.2433**  
briserlesilence.ca f ♦
- ▶ **For Women & Their Children Who Are Victims of Abuse -**
  - ▶ Interval House Help Line **905.387.8881**
  - ▶ Inasmuch House Crisis Line **905.529.8600 f**
  - ▶ Martha House Crisis Line **905.523.6277 f**
- ▶ **Hate Crime Prevention Program** - For victims of hate crimes. **905.546.5678** Officer Christopher Kiriakopoulos, badge#597 f
- ▶ **Kids Help Phone** - 24 hour help line for children & youth. **1.800.668.6868**  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca) f ♦
- ▶ **Salvation Army Suicide Prevention Crisis Line** - **905.522.1477/5244**
- ▶ **Sexual Assault Centre** - Crisis line (over 16). **905.525.4162 f** - Mon.-Fri., 9 a.m. to midnight



## Health

- ▶ **Community Health Bus** - A mobile health & dental clinic. **289.260.4948**  
<http://www.myhamilton.ca/myhamilton/CityandGovernment/HealthandSocialServices/PublicHealth/CommunityHealthBus/Index.htm>
- ▶ **Global Youth Voices Website:** [www.globalyouthvoices.org](http://www.globalyouthvoices.org)
- ▶ **Hamilton Urban Core** - Community Health Centre - Health Clinic. **905.522.3233 f**
- ▶ **Health Connections Phone Line** - Health information. **905.546.3550 f**
- ▶ **North Hamilton Community Health Centre** - For pregnant teens **905.522.7778**
- ▶ **Public Health Dental Services** - Emergency Dental Service. **905.546.3566 f**
- ▶ **The Cyberisle Youth Health Website:** [www.cyberisle.org](http://www.cyberisle.org) A virtual youth health island created by teens for teens.
- ▶ **To find a dentist call:** **905.527.8294**
- ▶ **To find a doctor call:** **905.528.1611** [www.hamiltondoctors.ca](http://www.hamiltondoctors.ca)
- ▶ **Youthbet.net:** For problem gambling [www.youthbet.net](http://www.youthbet.net).



## Pregnancy & Sexual Health

- ▶ **BIRTHRIGHT** - Helps young mothers cope with pregnancy & childbirth  
**1.800.550.4900/905.527.3677 f**
- ▶ **Grace Haven**-Housing & onsite school programs for pregnant & parenting youth.  
**905.522.7336**
- ▶ **HIV, AIDS Testing** - Confidential, anonymous testing. **905.546.3541 f**
- ▶ **Health Initiatives for Youth (HIFY)** - Clinics for sexual, reproductive and relationship health, drop-in for street involved and homeless youth. **905.538-3009** [www.hifyhamilton.com](http://www.hifyhamilton.com)
- ▶ **Lesbian, Gay & Bisexual Youth Line** - Support for lesbian, gay, bisexual, transgender, transsexual, & questioning youth. **1.800.268.9688** [www.youthline.ca](http://www.youthline.ca)
- ▶ **Rainbow Youth** - Social group for lesbian, gay, bisexual, transgender, transsexual and questioning youth. **905.528.3009**
- ▶ **St. Martin's Manor** - Housing & onsite school programs for pregnant & parenting youth.  
**905.575.7500**
- ▶ **Sexual Health Information Line** - Phone counselling about sexually transmitted diseases, safer sex, birth control, no call display. **905.528.5894** (French - **1.800.267.7432** - other languages **1.800.668.2437**)
- ▶ **Street Health Centre** - HIV/STD testing, Hepatitis vaccines, needle exchange, emergency contraceptive pill. **905.777.7852**
- ▶ **The VAN Needle Exchange Program** - Needle exchange, free Hepatitis B Vaccine, counselling & referrals. **905.317.9966**

## Employment & Finances

- ▶ **Career Cruiser** - A mobile employment resource centre for youth 15-30. **905.540.9679**  
[www.careercruiser.com](http://www.careercruiser.com)
- ▶ **Career Worx** - Employment resource centre. **905.540.9679** [www.careerworx.ca](http://www.careerworx.ca)
- ▶ **Human Resources Development Canada** - Employment information. [www.jobbank.gc.ca](http://www.jobbank.gc.ca)  
**1.800.206.7218 f ♦**
- ▶ **Job Connect** - Employment resource centre & paid training. **905.575.2177**
- ▶ **LEAP (Learning, Earning and Parenting)** - Those under 21, practical in-home support for pregnant/parenting teens to help them stay in school. **905.546.3088**
- ▶ **Ontario Works** - Financial support (welfare) for basic needs. **905.546.4800**
- ▶ **Youth Employment Centre** - Employment resource centre for youth 15 and over.  
**905.522.9668 f ♦**
- ▶ **Youth Info Line** - Information on Government of Canada employment programs, services, & resources. **1.800.935.5555** [www.youth.gc.ca](http://www.youth.gc.ca) f

## Food Banks

- ▶ **Flamborough Food Bank** - **905.690.1036**, 1432 Centre Rd., Carlisle, ON
- ▶ **Good Shepherd** - **905.528.9109**. Must have ID & proof of income (rent, utility bills, etc.).  
120 Cannon St. E. f
- ▶ **Living Rock** - **905.528.7625**, 30 Wilson St., Tues., Wed., Thurs.—1-4 p.m.
- ▶ **Mission Services** - **905.528.5100**. Appointment needed.
- ▶ **St. Matthews House** - **905.523.5546**, 414 Barton St. E. f
- ▶ **Stoney Creek Community Food Bank** - **905.664.2252**, 13 Lake Ave. S., Stoney Creek

## Recreational Hang-Outs & Drop-In

- ▶ **Department of Culture and Recreation, City of Hamilton** - Recreational programs. Help with costs is available. **905.546.CITY**  
<http://www.myhamilton.ca/myhamilton/CityandGovernment/CultureandRecreation/>
- ▶ **Hamilton East Kiwanis Boys & Girls Club**- Recreational activities: Games room, gym, swimming, youth empowerment program. **905.549.2814** . [www.kboysandgirlsclub.com](http://www.kboysandgirlsclub.com)
- ▶ **Hamilton Public Library** - Books, magazines, computers, & comfortable chairs. **905.546.3200**  
[www.hpl.ca](http://www.hpl.ca)
- ▶ **Living Rock** - Evening drop-in and, Tues., Wed., Thurs. **905.545.6698**
- ▶ **Project Hope** - Annual youth art event (ages 12 - 19). [www.artevent.ca](http://www.artevent.ca)
- ▶ **Teen Drop-In Centre** - Evening drop-in & recreational programs (Ages 13-19). **905.521.0926**
- ▶ **Wesley Urban Ministries - Transitional Youth** - Drop-in for street involved youth, 16-20.  
**905.522.0863**
- ▶ **YMCA** - Variety of programs. **905.529.7102**
- ▶ **YWCA** - Variety of programs. **905.522.9922**

