

Community Support Services

* Highlighted services indicate that they have directory searching available.

Service	Contact	Description
Al-anon	Web: al-anon.alateen.on.ca Tel: 905-936-2263 (primary contact) 905-936-4325 (alternate contact) Address: Church of the Evangelists (Anglican Church) 99 Queen St N Tottenham, ON L0G 1W0	<ul style="list-style-type: none"> ▪ support group for people affected by someone else's drinking ▪ a 12 step program to assist in learning coping skills, sharing experiences, learning that they are not alone, and building self-esteem
Alcoholics Anonymous	Web: www.barrieaa.com Tel: 705-725-8682 Address: St. John's United Church 56 Victoria St E Alliston, ON L9R 1L5	<ul style="list-style-type: none"> ▪ community outreach that allows individuals to share their experiences and assist each other in recovery ▪ services include self help meetings, information and free pamphlets, displays, public speakers and presentations to hospitals, schools and institutions
Canadian Mental Health Association, York Region Branch	Web: http://www.cmha-yr.on.ca/ Main office (Newmarket): E-mail: yorkregion@cmha-yr.on.ca Tel: 905-853-8477 or 1-866-208-5509	<ul style="list-style-type: none"> ▪ Programs are designed to assist individuals in recovering from mental illness by providing support and helping them be active and empowered participants throughout the recovery process ▪ Programs to support families and caregivers of individuals with mental illness ▪ Outreach services to assist individuals with mental illness and educate the communities to reduce discrimination and stigma

	<p>Alliston Branch: Address: Town Square 39 Victoria Street East Alliston, ON L9R 1W1</p>	<ul style="list-style-type: none"> ▪ Programs include (may not be available in all areas): <ul style="list-style-type: none"> - Assertive Community Treatment Team - Case Management - Early Psychosis Intervention - Psychotherapy - Recovery Program - South Simcoe Key Program - Support for Depression - Turning Points - Youth Wellness Community Education and Information - Consumer Employment Program - Family and Caregiver Education Group - Geriatric Mental Health Program - Mental Health and Justice Program - Mental Health Works - New Directions Social Recreation/Rehabilitation
<p>Catulpa Community Support Services (formerly Tamarac Treatment Centres)</p>	<p>Web: http://www.catulpa.on.ca Email: info@catulpa.on.ca Tel.: 705-733-3227</p>	<ul style="list-style-type: none"> ▪ Provide services that respond to the social-emotional, developmental, and community needs of children, adolescents, families, and adults ▪ Provides a network for exceptional people to be contributing members in their communities ▪ Collaborate with families, service providers, and the community ▪ Programs include: <ul style="list-style-type: none"> - Adult Protective Service Worker Program - Canada Prenatal Nutrition Program - Children’s Case Coordination Services for Simcoe County - Community Action Program for Children - Crisis Response Coordination Program - Early Intervention Program - Family Resource Services (Children) - Fetal Alcohol Spectrum Disorder

		<ul style="list-style-type: none"> - Inclusive Recreation Services - Passport Program for Community Participation Supports - Regional Service Resolution Process - Respite Care Services - WrapAround
Children's Mental Health Ontario	<p>Web: http://www.kidsmentalhealth.ca/</p> <p>Email: info AT cmho.org</p> <p>Tel.: 416-921-2109</p> <p>Toll free: 1-888-234-7054</p> <p>Address: 40 St. Clair Avenue, Suite 309 Toronto, ON M4T 1M9</p>	<ul style="list-style-type: none"> ▪ Represents and supports the providers of child and youth mental health treatment services ▪ Information for parents and families about signs and disorders, getting help, finding a centre, and an overview of intake tool ▪ Information for children and youth about mental health, disorders, and contributing factors ▪ Information for teachers about identifying and intervention, accommodations, and combating stigma ▪ Links to services in your community (http://www.kidsmentalhealth.ca/parents/find_a_centre.php)
Children's Treatment Network	<p>Web: http://www.ctn-simcoeyork.ca/</p> <p>Email: info@ctn-simcoeyork.ca</p> <p>Tel.: 705-719-4795 (Simcoe County Local)</p> <p>Toll free: 1-877-719-4795</p> <p>Network ACCESS</p> <p>Telephone (<i>for services and supports</i>):</p> <p>Toll Free: 1-866-377-0286</p>	<ul style="list-style-type: none"> ▪ Provides parents and professionals with a single point of access to all services available across the network ▪ Links professionals together to create a single plan of care team approach ▪ Services individuals from birth to 19, 21 if attending school ▪ Services include: <ul style="list-style-type: none"> - audiology - augmentative communication - child and family counseling - clinical nutrition - developmental assessment - developmental pediatrics - feeding - inclusive recreation

		<ul style="list-style-type: none"> - joint management/botox - neuropsychology - occupational therapy - physiotherapy - seating and mobility - service coordination
Child and Youth Mental Health Services and Support Directory	<p>Web: http://mentalhealth4kids.ca/</p> <p>Email: info@mentalhealth4kids.ca</p>	<ul style="list-style-type: none"> ▪ Key word search or browse by topic ▪ Provides a link to services in your county ▪ Resource guide outlining myths about “The Bad Kid”, types of disorders (signs and symptoms), treatment/services, support groups, training, etc.
Child, Youth, and Family Services Coalition	<p>Web: www.simcoecountycoalition.ca/en/home.aspx</p> <p>Email: Coalition Coordinator: Deborah Woods (Coalition Coordinator) dwoods@simcoecountycoalition.ca</p> <p>Mailing Address: c/o The Common Roof 165 Ferris Lane Barrie, ON L4M 2Y1</p>	<ul style="list-style-type: none"> ▪ Alliance of organizations providing services to children, youth, and their families in Simcoe County ▪ Website has links to: <ul style="list-style-type: none"> - community service charts – 12 topic streams, phrased as questions, to guide user to list of services - Student Support Leadership - Best Start Initiative Simcoe County - Children’s Treatment Network - Community Partners with Schools (COMPASS)
Connex Ontario: Health Services Information	<p>Web: www.connexontario.ca</p> <p>Mental Health Helpline:</p> <ul style="list-style-type: none"> ▪ 1-866-531-2600 	<ul style="list-style-type: none"> ▪ Free and confidential health services information ▪ Information and Referral Specialists respond to calls, email, or webchat 24 hours a day, 7 days a week ▪ Provide current information on services, crisis lines, self-help groups, distress centres, and family services in callers community

	<ul style="list-style-type: none"> ▪ www.mentalhealthhelpline.ca <p>Drug and Alcohol Helpline:</p> <ul style="list-style-type: none"> ▪ 1-800-565-8603 ▪ www.drugandalcoholhelpline.ca <p>Ontario Problem Gambling Helpline:</p> <ul style="list-style-type: none"> ▪ 1-888-230-3505 ▪ www.opgh.on.ca 	<ul style="list-style-type: none"> ▪ listen, support, and provide strategies and basic education ▪ anyone can call (almost half of calls come from family members or concerned friends) ▪ www.connexontario.ca links to three helplines ▪ Helpline websites have links to email and webchat
eMentalhealth.ca	<p>Web: www.ementalhealth.ca</p>	<ul style="list-style-type: none"> ▪ Provides a list of programs, organizations, private practice professionals, and commercial businesses in your area. Search by: <ul style="list-style-type: none"> - A-Z Mental Health Resources - Basic Needs - Counselling and Therapy - Crisis and Emergency - Education and Training (including schools) - Information and Referral Services - Legal and Justice Resources - Medical Services - Mental Health Professionals - Self-help, Mutual Aid, and Support Groups - Specific Groups and Populations - Mental Health Facilities
InfoSimcoeCounty.ca	<p>Web: www.infosimcoecounty.ca</p>	<ul style="list-style-type: none"> ▪ Provides a search for services <ul style="list-style-type: none"> - Browse by A-Z organizations or subjects - Keyword search ▪ Service information includes contact information and service description

Kerry's Place	Web: www.kerrysplace.org Email: info@kerrysplace.org Tel.: (905) 841-6611	<ul style="list-style-type: none"> ▪ Provides community outreach services, and psychological and family support services to people with autism ▪ Provides accommodation supports ▪ Services include (may not be available at all locations) <ul style="list-style-type: none"> - Consultation support to individuals, families and the community - Family support groups - Sibling workshops - IBI (Intensive Behavioural Intervention) - Adult Residential Services - Children's Residential Services - Treatment Centre Intervention - Individual program supports - Social groups for children and adults - Respite Relief - Parent education and training - Professional training and mentoring - Book, toy and therapeutic tool lending libraries - Family resource centres
Kids Help Phone	Web: http://www.kidshelpphone.ca Toll Free Phone: 1-800-668-6868	<ul style="list-style-type: none"> ▪ 24 hours a day, 365 days a year ▪ Telephone or online communication with professional counselors ▪ Anonymous, confidential, and non-judgmental ▪ Support for a variety of issues including trouble with homework, dealing with loss and grief, thoughts of suicide, and more ▪ www.kidshelpphone.ca has information about violence and abuse, bullying, friends, dating, family, sexual orientation, school, physical health, emotional health, the internet, money, jobs, and laws
Kinark Child and Family Services	Web: http://www.kinark.on.ca Tel.: 705-726-8861	<ul style="list-style-type: none"> ▪ Assist children and youth so that they can live socially and emotionally healthy lives ▪ Strengthen the well-being of children, youth, and their families

	<p>Toll free: 1-800-2308534 Address: 34 Simcoe Street Barrie, ON L4N 6T4</p>	<p>Services:</p> <ul style="list-style-type: none">▪ Outdoor Education Centre<ul style="list-style-type: none">- residential camping and therapeutic programming- experiential education programs- autism programs (family respite weekends, summer camp sessions, ASD Adolescent Social Skills, and Summer Family Camp)▪ Autism Services<ul style="list-style-type: none">- Central East Autism Program (Intensive Behavioural Intervention)- School Support Program – consultation services for teaching staff and school personnel- Applied Behaviour Analysis▪ Central East Treatment and Family Programs<ul style="list-style-type: none">- Mult-Systemic Therapy- Families First- Crisis Services- Residential Treatment- Education/Day Treatment- LIFT (Life Skills and Independence for Teens)- STRIVE (Supporting Teenagers in Readiness for Independence, Vocation and Education)- Supervised Access Service- Therapeutic Family Care- 0 – 6 programs- Respite Programs- SNAP- Triple P (Positive Parenting Program)▪ Youth Justice Services<ul style="list-style-type: none">- Syl Apps Youth and Secure Treatment Centre- Intensive Support and Supervision Program
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<p>Krasman Centre</p>	<p>Web: http://krasmancentre.com/ Tel.: 705-435-0054 Toll Free: 1-888-780-0724 Warm Line: 1-888-777-0979 Address: 17 Paris Street Alliston, ON L9R 1J3</p>	<ul style="list-style-type: none"> ▪ Community mental health agency that is consumer/survivor driven ▪ Goal is to serve as a meeting place and resource base for the community of psychiatric survivors and their friends and family ▪ Operate programs through their drop in centre, specifically: <ul style="list-style-type: none"> - Peer Recovery Education for Employment and Resilience Project - Drop-in centre with access to information, training/workshops, resources, etc. - Family support - Good food box - Peer support - Warm Line – non-crisis telephone peer support line
<p>Mary McGill Community Mental Health Program (Stevenson Memorial Hospital)</p>	<p>Web: www.smhosp.on.ca Email: srobinson@smhosp.on.ca dcolvin@smhosp.on.ca Non-urgent calls: 705-434-5140 Crisis phone: 705-435-6281 (ask to have a crisis worker paged Mon-Fri 9 am-5 pm) 1-888-893-8333 (24hrs)</p>	<ul style="list-style-type: none"> ▪ Services for individuals, 16 and older, with mental health issues ▪ Provides crisis programming, assessments, counselling and treatment programs, case management, psychiatric consultations ▪ Crisis services can be accessed through the 24 hour crisis line or the local emergency department
<p>Mental Health and Addiction Services of Simcoe County</p>	<p>Web: www.cmha-mhassc.ca Tel.: 705-726-5033 Toll Free: 1-800-461-4319 Email: info@cmha-mhassc.ca Address: 15 Bradford St Barrie, ON</p>	<ul style="list-style-type: none"> ▪ promotes mental health through community education, prevention, and rehabilitation programs ▪ provides assessment services to substance misusing and gambling clients (12 years and older) ▪ provide resources (people for public speaking and a library of books and videos) ▪ Mental Health Programs include: <ul style="list-style-type: none"> - Intensive Case Management

	L4N 1W2	<ul style="list-style-type: none"> - Outreach - Brief Service and Housing Support Services - Assertive Community Treatment Teams - Human Services and Justice System Project (HSJS) - Mental Health Clubhouse - RSVP (Recreational, Social, Vocational, Peer Support) - Early Psychosis Intervention Services - Community Awareness program - Volunteer Program and Self Help Groups - Crisis Services include the Mental Health Crisis Line, Mobile Crisis Response System, and Residential Crisis Beds (CARAH House) ▪ Addiction Services <ul style="list-style-type: none"> - methadone maintenance treatment program - Umbrellas (for pregnant women who abuse substances) - Nurse Practitioner - Counselling for clients, with substance abuse or gambling problems, and for others affected by it - Referral to youth outpatient treatment programs - Referral to adults inpatient treatment programs ▪ Self Help Groups <ul style="list-style-type: none"> - Barrie Chapter of the Schizophrenia Society of Ontario - Freedom from Fear and Obsessive Compulsive Disorder (OCD) Support Group - Barrie Family & Friends Mental Health Support Group - Mood Disorders Self-Help Group of Barrie - Women Supporting Women - Barrie Schizophrenic Support Group
Mood Disorders Association of Ontario	Web: http://www.mooddisorders.c a/	<ul style="list-style-type: none"> ▪ Serves individuals and families across Ontario ▪ Services include: <ul style="list-style-type: none"> - awareness, education, and training

	<p>Tel: (416) 486-8046 Toll free: 1-888-486-8236</p>	<ul style="list-style-type: none"> - family and youth clinical support - recovery programs - peer support - telephone support - workplace presentations ▪ lists supports available in your area
<p>Mood Disorder Society of Canada</p>	<p>Web: http://www.mooddisorderscanada.ca Email: info@mooddisorderscanada.ca Tel: 519-824-5565</p>	<ul style="list-style-type: none"> ▪ gives a voice to individuals, family members, and caregivers regarding mental health and mental illness issues, specifically depression, bipolar illness, and other associated mood disorders ▪ goal of improving access to treatment and informing research, program development, and government policies ▪ public campaigns (advocacy) ▪ links to resources
<p>My Sister's Place - People in Transition</p>	<p>Tel.: Shelter staff (crisis line) 1-800-461-5419 (705) 435-3835</p> <p>Outreach/Legal Advocacy Program Counselor and/or the Transitional Housing and Support Program Counselor: (705) 435-9400 ext 223 or 224.</p>	<ul style="list-style-type: none"> ▪ Provide emergency shelter services to abused women and their children in South Simcoe County ▪ Shelter services include crisis counseling, parenting support, support groups, housing advocacy and assistance, legal advocacy and support, community referrals, and transitional support ▪ Services for abused women in the community include crisis support, short-term counseling, community support groups, safety planning, legal advocacy and support, community referrals, and housing advocacy, assistance, and follow-up support ▪ Community presentations (as requested) on topics such as violence, healthy dating, self-esteem, etc.
<p>New Path Youth and Family Services of Simcoe County</p>	<p>Web: www.newpath.ca Email: info@newpath.ca Tel.: Crisis Response Service</p>	<ul style="list-style-type: none"> ▪ Multi-service children's mental health centre ▪ Work with children, adolescents and their families ▪ Offer a variety of services (not available in every community) including: <ul style="list-style-type: none"> - individual, family and group counseling

	<p>705-728-5044 1-888-893-8333 Central Intake and Referrals 705-725-7656 1-866-566-7656 Address: 165 Ferris Lane Barrie, ON L4M 2Y1</p>	<ul style="list-style-type: none"> - parenting groups and programs - specialized services for families of children birth to six years of age - school based services - outreach services to adolescents - residential treatment programs - counselling services for women who have been abused in an intimate relationship - group counselling services for men who are abusive to their partner <p>Programs include:</p> <ul style="list-style-type: none"> - Adolescent outreach - Attendance centre - Community partners with schools (COMPASS) – elementary/secondary schools looking to reduce social, emotional, and behavioural barriers to learning - Early years services - Family consultation - Intensive Services for Students Program - Multi-Disciplinary Consultation Clinic - Residential program - Respite - Partner Abuse Program Women’s Services - Partner Assault Response Services – (male and female) - Youth and Family Counseling Programs
<p>Ontario Association for Marriage and Family Therapy</p>	<p>Web: http://www.oamft.com/ Email: ExecutiveDirector@OAMFT.com Admin@OAMFT.com Tel: 416-900-0345 or 905-</p>	<ul style="list-style-type: none"> ▪ Work with individuals, couples, and families to resolve mental health, behavioural, and relationship concerns ▪ Search tool to find a therapist ▪ Experts who specialize in: <ul style="list-style-type: none"> - New couples and marriage - Military families - Gay, lesbian, or bisexual relationships

	<p>936-3338 Toll free: 1-800-267-2638 Address: P.O. Box 693, Tottenham, ON, LOG 1W0</p>	<ul style="list-style-type: none"> - Aging - Workplace communication and relationships - Teens, children and parents - Mental Health and trauma - Separation, divorce and post-marriage relationships
<p>Pine River Institute</p>	<p>Web: http://www.pineriverinstitute.com/welcome.html</p> <p>To make a referral or to speak to someone about admissions Tel.: 519-925-9225 ext. 102 Email: admissions@pineriverinstitute.com</p> <p>For all other inquiries, please Tel.: 519-925-9225 Email: info@pineriverinstitute.com</p>	<ul style="list-style-type: none"> ▪ Residential treatment centre and outdoor leadership experience ▪ For individuals 13 – 19 who are struggling with mental health issues, specifically addictive behaviours ▪ Program involves four phases <ul style="list-style-type: none"> - outdoor leadership experience - residence – includes academics, physical activity, group therapy, and expressive arts - transition – campus and home - aftercare – home
<p>YMCA of Simcoe Muskoka</p>	<p>Youth Outreach Web: http://www.ymcaofsimcoemuskoka.ca/help-for-youth/community-outreach/ Tel.: 705-726-5572 Email: ymca_youthservices@ymca.ca</p>	<ul style="list-style-type: none"> ▪ provide prevention and education programs ▪ programs facilitating life-skills and self-esteem development ▪ support for youth returning to school, finding work, dealing with addictions, and managing anti-social behaviour ▪ employment and internship programs ▪ programs include: <ul style="list-style-type: none"> - Youth Gambling Awareness - SOAR!

	ca.	<ul style="list-style-type: none"> - YMCA Youth Counselling and Support Services - The Community Outreach and Support Program - Youth Quest - YMCA Summer Company - YMCA Marketplace
Youth Haven	<p>Web: www.youthhavenbarrie.com</p> <p>Email: cherrylaxton@youthhavenbarrie.com nicole@youthhavenbarrie.com</p> <p>Tel.: (705)739-7616 or (705)739-9930</p> <p>Toll Free: 1-877-989-9995</p> <p>Address: Youth Haven Barrie 20-22 Wellington Street East Barrie, Ontario L4M 2B8</p> <p>Mailing Address: Youth Haven Barrie PO Box 733 STN Main Barrie, Ontario L4N 4Y5</p>	<ul style="list-style-type: none"> ▪ Emergency youth shelter to assist at-risk individuals between 16 and 25 ▪ Provide a safe, support, and health environment in which to encourage personal growth and positive change ▪ Advocate for homeless youth while providing housing and support services ▪ Programs include: <ul style="list-style-type: none"> - Life strategies: Plan of Action Program - Employment - Education - After Care - Counselling - Referral Services
Youth Mobile Crisis Line	<p>Toll Free Phone: 1-888-893-8333</p> <p>Mental Health Crisis Line: 705-728-5044</p>	<ul style="list-style-type: none"> ▪ Mental health support for children, youth, and families experiencing a crisis situation that is not imminently life threatening ▪ Respond to calls from youth, parents, and community members concerned about youth who seem sad, worried, suicidal, aggressive, threatening/out of

		<p>control behaviour, or who may have worries about disturbing or unusual behaviours</p> <ul style="list-style-type: none"> ▪ 24 hours a day crisis intervention ▪ provides the link to the Mobile Crisis Response Worker
211 Ontario	<p>Web: http://www.211ontario.ca/</p> <p>Email: 211info@communityconnect.ion.net</p> <p>Toll-Free: 1-866-743-7818</p> <p>TTY: 1-888-435-6086</p>	<ul style="list-style-type: none"> ▪ provides information and referral to community and social services in Ontario ▪ Information and Referral Specialists connect you with the services you need ▪ 24 hour a day support offered in 150 languages ▪ Search for services by word, organization, topic, address, community, or postal code

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