

Name	Address	Contact Number	Contact Email	Description
<u>Carea Community Health Center</u>	5-360 Bayly Street, Ajax 115 Grassmere Avenue, Oshawa 17-1450 Kingston Road, Pickering	Ajax: 905-428-1212 Oshawa: 905-723-0036 Pickering: 905-420-0333 All Site: 1-877-227-3217		Carea provides a variety of free health-focused programs including: health promotion and wellness programs; primary care, counselling and mental health; diabetes education; Hepatitis C screening, treatment support, education and outreach; geriatric assessment & intervention; young parent support, youth programs, Indigenous programs; community development programs
<u>FAMHAS Foundation</u>			Visit https://famhas.ca/contact/ or email FAMHAS Foundation President, Marie Phillippe-Remy at marie.remy@famhas.ca	Through outreach programs, FAMHAS aims to reduce the stigma surrounding Black mental health and addiction. They also offer a African, Caribbean, and Black (ACB) Counselling program. This program offers free counselling to ACB-identifying individuals.
<u>The Salvation Army (Oshawa)</u>	45 King St. E., Oshawa	905-723-7422		The Salvation Army’s Counselling program offers promote healthy self-awareness and self-understanding. The goal of counselling is to equip and enable people to live stable, productive lives. Services address topics related to individual, couple and family issues.
<u>Durham Mental Health Services</u>	519 Brock Street South, Whitby	905-666-0831 For Crisis Services call: 905-666-0483 OR 1-800-742-1890	dmhscentralintake@lh.ca	Durham Mental Health Services offers an array of services aimed at addressing mental health and addictions. Their services include residential programs for



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				addictions, seniors support program, justice support initiatives, and family support. They also offer free counselling services.
<u>Centre for Addiction and Mental Health (CAMH)</u>	Multiple sites, Toronto 1451 Queen Street West 250 College Street	Call Access CAMH at 416 535-8501, press 2		From assessment to brief interventions, inpatient programs, day hospital services, continuing care, outpatient services and family support, CAMH provides a wide range of clinical care services.
<u>Canadian Mental Health Association (CMHA)</u>	60 Bond St W, Oshawa Toronto Sites available	(905) 436-8760 1-844-436-8760	CMHA@cmhadurham.org	CMHA provides services to enhance the mental, emotional, and physical well-being of the Durham community.
<u>Frontenac Youth Services</u>	1320 Airport Blvd, Oshawa	(905) 579-1551 1-888-454-6275 York Region and South Simcoe's Crisis Response line can be reached by calling 1-855-310-COPE (2673)	Visit https://frontenacyouthservices.org/contact-us/ for the contact form.	Frontenac provides live-in, community-based treatment for youth, day treatment in therapeutic classroom settings, and various therapy/counselling options for youth seeking mental health supports.
<u>Kinark Child and Family Services</u>	500 Hood Road, Suite 200, Markham	1-888-454-6275 Youth Autism Services: 1-800-283-3377	info@kinark.on.ca	Kinark offers a variety of youth mental health services through three streams: Community-Based Child and Youth Mental Health, Autism and Forensic Mental Health/Youth Justice Services.
<u>Hong Fook Mental Health Association</u>	3320 Midland Avenue, Suite 201 Scarborough 1751 Sheppard Avenue East, Ground Floor North York	Scarborough: 416-493-4242 North York: 416-492-0644 Toronto: 416-595-6332	Visit https://www.hongfook.ca/association/contact-us/ for the contact form	Hong Fook Mental Health Association is a ethno-cultural community mental health agency with a consolidated culturally competent team serving Asian and other communities in the Greater Toronto Area.



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407 Huron Street, 3rd
Floor, Toronto

2665 Bur Oak Avenue,
Markham

[Anishnawbe Health Toronto](#)

225 Queen St E, Toronto

Queen Street: 416-360-
0486

179 Gerrard St E, Toronto

Gerrard Street: 416-920-
2605

213 Carlton St, Toronto

Carlton Street: 416 657
0379

[Durham Family Court Clinic](#)

201 - 44 Richmond Street
West, Oshawa

905-436-6754

ncrow@dfcc.org

[Tropicana Community Services](#)

1385 Huntingwood Drive,
Scarborough

(416) 439-9009

info@tropicanacommunity.org

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They offer clinical counselling services, as well as family and youth support programs.

Anishnawbe Health Toronto is a fully accredited health centre whose model of health care is based on Indigenous culture and traditions. AHT is the only facility in Toronto that cares for Indigenous clients with both western and traditional approaches to health care.

They offer mental health supports, Child, Youth and Family Care support, and Traditional Healing Programs and Services.

DFCC offers public and referral based services for young people and families in Durham Region. These include specialized assessment, counselling and mental health supports for youth in conflict with the law and their families; intensive one-to-one outreach support for youth who are high risk; supportive educational programming for students through our two on-site classrooms; free violence prevention workshops for grades; and specialized assessment/counselling services for youth and families.

Tropicana offers culturally aware and supportive programs to those in need, including but not limited



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				<p>to counselling, settlement services, childcare, education, personal development, and employment services, with a predominant focus on the Caribbean, Black and African communities of Toronto.</p>
<p><u>ROOTS Community Services</u></p>	<p>36 Queen Street East Goodison Building - Lower Level Brampton</p> <p>2227 South Millway Suite 202 Mississauga</p>	<p>905-455-6789</p>	<p>office@rootscs.org</p>	<p>Tropicana offers culturally aware and supportive programs for Black individuals living in Peel. Their services include but aren't limited to counselling, skills development, etc.</p> <p>They also offer a BAC phone line to provide peer support and systems navigation to Black, African and Caribbean individuals.</p>
<p><u>Chimo Youth and Family Services</u></p>	<p>107 Lindsay St. S. Lindsay</p>	<p>Toll-Free: 1-877-661-2973 Phone: 705-324-3300</p>	<p>info@chimoyouth.ca</p>	<p>Chimo Youth & Family Services is a voluntary program that provides a variety of supports and services to meet the mental health needs of children, youth and their families in the community.</p> <p>They offer a variety of services including crisis intervention, group programs, day treatment, family skills building and more.</p>
<p><u>Kerry's Place Autism Services</u></p>	<p>34 Berczy Street, Aurora</p>	<p>1-833-77-KERRY (1-833-775-3779)</p>	<p>Info@kerrysplace.org</p>	<p>Kerry's Place provides autism services to families with children, adolescents, and adults, with Autism Spectrum Disorder.</p> <p>They offer numerous community services and supports, adults skills building programs, employment programs, and more.</p>



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<p><u>Grandview Children's Center</u></p>	<p>Various sites can be found in Ajax, Port Perry, Whitby, and Bowmanville.</p> <p>The main site is located at 600 Townline Rd S, Oshawa</p>	<p>905-728-1673 or 1-800-304-6180</p>	<p>Email form can be found here: https://grandviewkids.ca/about-us/contact/</p>	<p>Grandview Kids is a children's treatment centre in Durham that provides specialized programs, clinical treatment, and support to children and youth with physical, communication and developmental needs and their families.</p> <p>They assess, diagnose, prescribe and provide clinical treatment, specialized programs and therapies, and specialized equipment for children and youth with communication, physical or developmental needs.</p>
<p><u>Women's Multicultural Resource and Counselling Center</u></p>	<p>20 Sunray Street, Unit #1, Whitby</p>	<p>905-427-7849 or 1-877-454-4035</p>	<p>Info@wmrcc.org</p>	<p>The Women's Multicultural Resource and Counselling Centre of Durham Region is a Registered Charitable Organization, dedicated to provide specialized counselling and support to women of all ages and their families, from diverse backgrounds, to eradicate violence, to re-build their lives, and to enable them to become contributing and valued members of society.</p> <p>All services are free, culturally sensitive and confidential.</p>
<p><u>Rose of Durham</u></p>	<p>707 Simcoe Street South, Oshawa</p>	<p>905-432-3622</p>	<p>To use their email form, visit: http://roseofdurham.com/the-rose/contact-us/</p>	<p>Rose of Durham is a young parent support centre that serves young parents and their children throughout Durham Region.</p>
<p><u>Gate 3:16</u></p>	<p>64 Albany Street, Oshawa</p>	<p>905-432-5316</p>	<p>office@gate316.org</p>	<p>The Gate provides crisis or long-term counseling to those in need. The Gate is a place where people find the resources they need to</p>



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<u>Backdoor Mission</u>	66 Simcoe Street South, Oshawa	905-728-4664	info@backdoormission.ca	<p>overcome life's obstacles. There is a qualified counselor that brings restoration and healing to people's lives. Clients can also access small support group meetings.</p> <p>The Back Door Mission operates the Mission United Project, a low-barrier access hub for essential supports, social services, and primary health care.</p>
	Entrance on Bagot St.			<p>Mission United provides wrap-around support services to individuals in Durham Region who are dealing with homelessness, housing insecurity, mental health and addiction concerns, and food access challenges.</p>
<u>Revitalized Reintegration Services</u>	Currently operating on an appointment basis at 190 Harwood Ave S, Ajax	289-302-4094	Info@revitalized.ca	<p>Durham Mental Health Services operates Backdoor Mission's mental health supports. At the Backdoor Mission, they provide Mental health and crisis support and referrals to other community resources.</p> <p>Revitalized's informal "counsellingship" program is a blend between mentorship and counselling offered to former offenders and victims/survivors of crime and violence.</p> <p>With this individualized program, Revitalized's Counselling Lead will help clients to develop a plan to assist individuals in reclaiming empowerment, restoring their</p>



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lives, and getting themselves on a positive path to achieve their goals.

Their informal counsellingship program takes place through one-on-one sessions, optional faith-based counselling, and support groups.

Free formal counselling with a psychotherapist will be offered soon.

