

2018

Hastings & Prince Edward Youth Services List



United Way
Hastings &
Prince Edward

Suicide Prevention

Immediate Crisis:

Dial **911**

Hotlines

Open Line Open Mind

(613) 310-OPEN (6736)

Hopedreamrecover.ca

A free, confidential service to get information, support and referrals to all mental health and addictions services in Hastings & Prince Edward Counties. Dial 310-OPEN and be connected to someone with an open mind to help you when you need it. 24 hours a day, 7 days a week, 365 days a year.

Kids Help Phone

800-668-6868 (Crisis Line)

<https://kidshelpphone.ca/get-involved/contact-us/>

Text CONNECT to 686868

Canada's only bilingual phone and on-line counselling service for youth. It's free, anonymous and confidential. Professional counsellors are available any time of the day or night, 365 days a year, to help young people deal with concerns, large or small.

211 - Dial 211

Toll – Free: 1-877-330-3213

TTY: 1-888-340-1001

Online Form: <https://211ontario.ca/contact-211-ontario/>

211's award-winning telephone help-line (2-1-1) and website provide a gateway to community, social, non-clinical health and related government services. 211 helps to navigate the complex network of human services quickly and easily 24 hours a day, 7 days a week, in over 100 languages and answered by a real person. Each representative answering a call is trained in crisis intervention.

Good2Talk

1-866-925-5454 – good2talk.ca

Good2Talk is a free, confidential and anonymous helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario: 24/7/365.

Mental Health Hotline

1-866-531-2600 (Crisis Line)

MHH provides free, anonymous, confidential information and referral services and supports for people experiencing mental health issues or to their families, friend, co-workers and other helping professionals. Funded by the Government of Ontario.

How to Use This Document

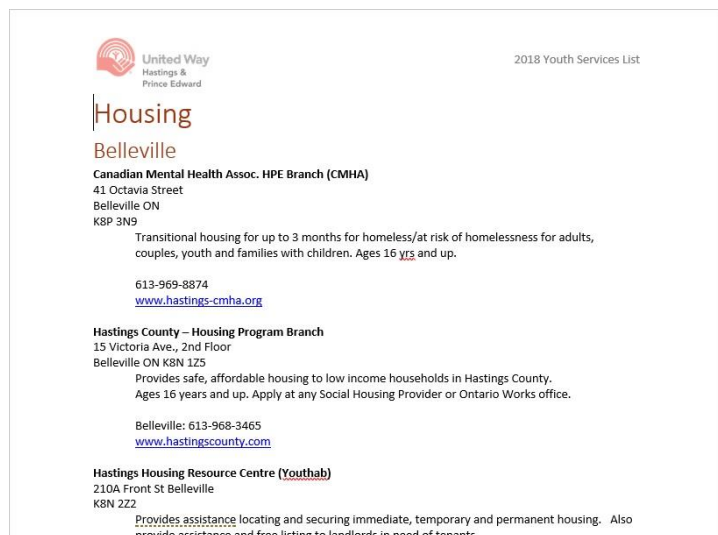
The purpose of this document is to create a one stop shop for all youth services available in Hastings & Prince Edward County. It allows you to look up **any service** for **any issue**, whether it is transportation, mental health, housing, or even recreational activities.


How to find what you're looking for:

The table of contents is your friend. All headings on the table of contents are clickable! All you need to do is hover your mouse over one of the headings and click and it will take you to the corresponding section.



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 2018 Youth Services List

Housing

Belleville

Canadian Mental Health Assoc. HPE Branch (CMHA)
41 Octavia Street
Belleville ON
K8P 3N9
Transitional housing for up to 3 months for homeless/at risk of homelessness for adults, couples, youth and families with children. Ages 16 yrs and up.
613-969-8874
www.hastings-cmha.org

Hastings County – Housing Program Branch
15 Victoria Ave., 2nd Floor
Belleville ON K8N 1Z5
Provides safe, affordable housing to low income households in Hastings County. Ages 16 years and up. Apply at any Social Housing Provider or Ontario Works office.
Belleville: 613-968-3465
www.hastingscounty.com

Hastings Housing Resource Centre (Youthab)
210A Front St Belleville
K8N 2Z2
Provides assistance locating and securing immediate, temporary and permanent housing. Also provide assistance and free listing to landlords in need of tenants

How is 211 different from 911?

211

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



911

Emergency number for **police, fire and paramedic services.**



When to call 211?

Hungry? Find food banks and community meals

Unemployed? Find employment centres and training programs

Need to move? Find housing help centres

Living with a disability? Find supportive programs

Health care help? Find helplines, chronic disease support, walk-in clinics and mental health supports

Stressed caregiver? Find caregiver and respite supports

Bored? Find recreation centres, youth programs, seniors centres and sports clubs

Make the Connection. Call 2-1-1

211 is the information & referral helpline to community, social, government and health-related services.



Free | Confidential | 24/7 | Live answer | TTY: 1-888-340-1001

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MENTAL HEALTH & ADDICTIONS

Mental Health & Addictions

Crisis Lines

- Open Line Open Mind - **613-969-7400**
- Good2Talk - **1-866-925-5454**
- **211**

Belleville

Addictions and Mental Health Services - Hastings Prince Edward

15 Victoria Avenue,
Belleville ON K8N 1Z5

Satellite offices: Bancroft, Madoc, Trenton, Picton

Provides a range of addiction and mental health services including case management, clinical & supportive counselling, housing and housing supports, court diversion, recreation programs and supportive groups. Ages 16 years and up who are affected by severe or persistent mental illness. No fees.

613-967-4734

Call 613-969-5511 if in crisis OR 310-6736 to make a referral.

www.amhs-hpe.ca

Assertive Community Treatment (ACT) Team – Quinte Health Care

289 Pinnacle St., Ste. 201
Belleville ON K8N 3B3

Community-based program providing services to persons with serious and persistent mental illness who would otherwise rely heavily on in-patient and other support services. ACT Team services are intended for 16 years or older with long-term and serious mental health issues.

613-962-0259

hpeactt@qhc.on.ca

www.qhc.on.ca

Canadian Mental Health Association - Hastings-Prince Edward Branch (CMHA)

41 Octavia Street
Belleville ON K8N 1P3

Community-based services for persons who have a mental illness or mental health concerns. Anger management groups; wellness groups and hoarding support. Ages 16 years and up.

613-969-8874

www.hastings-cmha.org

Children's Mental Health Services - HPE

3 Applewood Drive

Belleville ON K8P 4E3

Satellite Offices: Bancroft, Madoc, Trenton, Picton

Provides a range of mental health counselling, support and residential services for children, youth and their families. In-school counsellors.

Walk-In Counselling Clinic every Wednesday from 12:00 pm to 6:00 pm. Last appointment starts at 4:30 pm

**After-Hours Crisis line available for youth up to age 16 yrs by calling the Toll-Free Line.*

Up to age 18 yrs. No fees.

613-966-3100

Toll Free: 1-844-462-2647

www.cmhs-hpe.on.ca

Conflict Resolution Counselling Services

Partner Assault Response Program (PAR program)

373 Front Street

Belleville ON K8N 2Z9

16 week specialized counselling and educational programs. Groups for men and women including domestic violence groups, healthy relationship groups, abuse prevention, and more. Ages 18 years and over.

613-697-5661

TDD/TTY 613-967-9881

Toll Free: 1-877-811-5298

www.crcs.info

Counselling Services of Belleville and District

12 Moira Street East

Belleville ON K8P 2R9

Satellite offices: Bancroft, Madoc, Picton

Multi-service, community-based agency. Provides individual, couple and family counselling on a fee-for-service basis. Limited subsidization available.

Referrals are accepted with consent.

613-966-7413

TDDTTY Phone: 613-966-5338

www.csbd.on.ca

Loyalist College

Wallbridge Loyalist Road

P.O. Box 4200

Belleville ON K8N 5B9

Counselling, Mind and Wellness Services are available to support students academically, socially and personally. Available to all students at the College.

Drop by the Student Success Hub or call

613-696-1913 Ext.2519

www.loyalistcollege.com

Mental Health Services - Quinte Health Care

Belleville General Hospital
265 Dundas St. East
Belleville ON

Provides a continuum of mental health services from crisis intervention, acute in-patient admissions, day hospital community and out-patient clinic support. Some community outreach available.

Call 310-6736 for information and to make a referral.

www.qhc.on.ca

NAMI Family Support Network at Addictions and Mental Health Services HPE

15 Victoria Avenue,
Belleville ON K8N 1Z5

A series of 12 weekly classes, to help family members understand and support their relative who has a serious mental health illness.

Ages 16 years and up, plus a family member for a person with a serious mental illness. No fees.

613-967-9734, ext 259

www.amhs-hpe.ca

Open Line Open Mind

(310-OPEN)

265 Dundas Street East, WCA 4
Belleville ON K8N 5A9

Confidential services to get information, support and referrals to all mental health and addictions services in HPE. Available to residents of Hastings and Prince Edward Counties ages 16 years and up. No fees.

613-310-6736 (613-310-OPEN)

Crisis Phone: 613-969-7400

Youth Habilitation Quinte

210A Front Street

Belleville ON K8N 2Z

Satellite offices: Bancroft, Madoc, Trenton, Picton

Intake assessment; individual and group counselling; eating disorder treatment; managing anger program, assertiveness training, healthy relationship workshops, Wellness Recovery Action Plan (WRAP) and in-school programs and counsellors. **TAY program** supports youth holistically, transitioning and connecting them to appropriate services and enhancing their skills towards independence.

Ages 16 to 24 years.

613-969-0830

For TAY - ask for Transitional Connector

Text: 613-827-2845

www.youthab.ca

Alcoholics Anonymous

Throughout Hastings and Prince Edward Counties.

Groups providing support for individuals who desire to stop drinking.
Open to all people who have a problem with alcohol.

613-962-8700

TF: 1-888-961-2134

Ontario Addiction Treatment Centre

257 Front St.

Belleville, ON K8N 2Z6

Methadone Clinic and addiction counselling to assist persons to overcome opiate dependence and improve their lives.

Ages 16 years and up.

613-969-7862

www.oatc.ca

Sunrise Methadone Clinic

450 Dundas St. East, Unit #3

Belleville ON K8N 1E9

Methadone Clinic to assist persons trying to overcome opiate dependence and improve their lives. Ages 18 years and over. Self-Referrals accepted.

Must have valid Health Card.

613-771-0004

Fax: 613-771-1114

Tyendinaga

Mohawks of the Bay of Quinte Community Wellbeing Centre

50 Meadow Drive

Tyendinaga Mohawk Territory

K0K 1X0

Good Minds Program - a culturally appropriate Children's Mental Health program providing a range of counselling and support services.

Children and youth up to the age of 18 with mental health and addictions issues.

613-967-0122

www.mhq-tmt.org

Quinte West

Addictions and Mental Health Services - HPE

Trenton Satellite office:
27 King St
Trenton, ON
K8V 3V7

Provides a range of addiction and mental health services including case management, clinical & supportive counselling, housing and housing supports, court diversion, recreation programs and supportive groups. Ages 16 years and up who are affected by severe or persistent mental illness. No fees.

613-394-1655

Call 613-969-5511 if in crisis or 310-6736 to make a referral.

www.amhs-hpe.ca

Children's Mental Health Services - HPE

Trenton Satellite Office:
30 King St. Suite 201
Trenton, Ontario K8V 3V8

Provides a range of mental health counselling, support and residential services for children, youth and their families. In-school counsellors.

Walk-in Counselling Clinic every Wednesday from 12:00 pm to 6:00 pm, last appt starts at 4:30 pm

**After-Hours Crisis line available for youth up to age 16 years by calling the Toll-Free Line.*

Up to age 18 yrs. No fees.

Phone: 613-392-4331

Toll Free: 1-844-462-2647

www.cmhs-hpe.on.ca

Youth Habilitation Quinte

81 Dundas St W,
Trenton, ON K8V 3P4

Intake assessment; individual and group counselling; eating disorder treatment; managing anger program, assertiveness training, healthy relationship workshops, Wellness Recovery Action Plan (WRAP) and in-school programs and counsellors.

TAY program supports youth holistically, transitioning and connecting them to appropriate services and enhancing their skills towards independence.

Ages 16 to 24 years.

613-392-8317

For TAY - ask for Transitional Connector

Text: 613-827-2845

www.youthab.ca

Centre Hastings

Addictions and Mental Health Services - HPE

Madoc Satellite office:

52 St Lawrence St E
Madoc, ON
K0K 2K0

Provides a range of addiction and mental health services including case management, clinical & supportive counselling, housing and housing supports, court diversion, recreation programs and supportive groups. Ages 16 years and up who are affected by severe or persistent mental illness. No fees.

613-473-9914

Call 613-969-5511 if in crisis.

Call 310-6736 to make a referral.

www.amhs-hpe.ca

Children's Mental Health Services - HPE

Madoc Satellite Office:

167 Durham St.
Madoc, Ontario K0K 2K0

Provides a range of mental health counselling, support and residential services for children, youth and their families. In-school counsellors. Walk-in Counselling Clinic every Wed from 12pm to 6pm, last appt starts at 4:30 pm

**After-Hours Crisis line available for youth up to age 16 yrs by calling the Toll-Free Line.*

Up to age 18 yrs. No fees.

Phone: 613-473-1685

Toll Free: 1-844-462-2647

www.cmhs-hpe.on.ca

Counselling Services of Belleville and District

12 Moira Street East

Belleville ON K8P 2R9

Satellite offices: Bancroft, Madoc, Picton

Multi-service, community-based agency. Provides individual, couple and family counselling on a fee-for-service basis. Limited subsidization available.

Referrals are accepted with consent.

613-966-7413

TDDTTY Phone: 613-966-5338

www.csbd.on.ca

Youth Habilitation Quinte

Madoc Satellite office:

151 St. Lawrence Street East
K0K 2K0

Intake assessment; individual and group counselling; eating disorder treatment; managing anger program, assertiveness training, healthy relationship workshops, Wellness Recovery Action Plan (WRAP) and in-school programs and counsellors.

TAY program supports youth holistically, transitioning and connecting them to appropriate services and enhancing their skills towards independence.

Ages 16 to 24 years.

613-392-9157, Ext. 333

(leave message at Career Edge/Youth Habilitation Quinte Inc. Trenton for a call back)

For TAY - ask for Transitional Connector

Text: 613-827-2845

www.youthab.ca

North Hastings

Addictions and Mental Health Services - HPE

Bancroft Satellite office:

33 Flint Ave
Bancroft, ON
K0L 1C0

Provides a range of addiction and mental health services including case management, clinical & supportive counselling, housing and housing supports, court diversion, recreation programs and supportive groups. Ages 16 years and up who are affected by severe or persistent mental illness. No fees.

613-332-3826

Call 613-969-5511 if in crisis or 310-6736 to make a referral.

www.amhs-hpe.ca

Children's Mental Health Services - H-PE

Bancroft Satellite Office:

8 Hastings Dr.
P.O. Box 88
Bancroft, Ontario K0L 1C0

Provides a range of mental health counselling, support and residential services for children, youth and their families. In-school counsellors.

Walk-in Counselling Clinic every Wed from 12:00 pm to 6:00 pm, last appt starts at 4:30 pm

**After-Hours Crisis line available for youth up to age 16 years by calling the Toll-Free Line.*

Up to age 18. No fees.

Phone: 613-332-3807

Toll Free: 1-844-462-2647

www.cmhs-hpe.on.ca

Counselling Services of Belleville and District

12 Moira Street East

Belleville ON K8P 2R9

Satellite offices: Bancroft, Madoc, Picton

Multi-service, community-based agency; provides individual, couple and family counselling on a fee-for-service basis. Limited subsidization available. Referrals are accepted with consent.

613-966-7413

TDDTTY Phone: 613-966-5338

www.csbd.on.ca

Youth Habilitation Quinte

Bancroft Satellite office:

200 Hastings Street North
K0L 1C0

Intake assessment; individual and group counselling; eating disorder treatment; managing anger program, assertiveness training, healthy relationship workshops, Wellness Recovery Action Plan



United Way
Hastings &
Prince Edward

2018 Youth Services List

(WRAP) and in-school programs and counsellors.

TAY program supports youth holistically, transitioning and connecting them to appropriate services and enhancing their skills towards independence.

Ages 16 to 24 years. This office is open by appointment only.

613-332-5558

Toll Free: 1-866-859-9222

For TAY - ask for Transitional Connector

Text: 613-827-2845

www.youthab.ca

Prince Edward County

Addictions and Mental Health Services - HPE

Picton Satellite office:

35 Bridge St
Prince Edward, ON
K0K 2T0

Provides a range of addiction and mental health services including case management, clinical & supportive counselling, housing and housing supports, court diversion, recreation programs and supportive groups. Ages 16 years and up who are affected by severe or persistent mental illness. No fees.

613-476-2990

Call 613-969-5511 if in crisis or 310-6736 to make a referral.

www.amhs-hpe.ca

Children's Mental Health Services - HPE

Picton Satellite Office:

124 Main St. Suite 107
P.O. Box 7554
Picton, Ontario K0K 2T0

Provides a range of mental health counselling, support and residential services for children, youth and their families. In-school counsellors.

Walk-in Counselling Clinic every Wed from 12:00 pm to 6:00 pm, last appt starts at 4:30 pm

**After-Hours Crisis line available for youth up to age 16 years by calling the Toll-Free Line.*

Up to age 18. No fees.

Phone: 613-476-8252

Toll Free: 1-844-462-2647

www.cmhs-hpe.on.ca

Counselling Services of Belleville and District

12 Moira Street East

Belleville ON K8P 2R9

Satellite offices: Bancroft, Madoc, Picton

Multi-service, community-based agency; provides individual, couple and family counselling on a fee-for-service basis. Limited subsidization available.

Referrals are accepted with consent

613-966-7413

TDDTTY Phone: 613-966-5338

www.csbd.on.ca

Change Health Care

266 Main St. (Rear Door)

Picton ON K0K 2T0

Provides opioid substitution therapy (i.e. methadone and suboxone) to individuals suffering from opioid dependence. Staff consists of physicians, nurses, and case managers.
All individuals suffering with opioid dependency.

613-476-3636

Mon, Tues, Thurs, Fri: 9:00 am to 1:00 pm

Wed: 8:00 am to 4:00 pm

Sat & Sun: 9:00 am to 12:00 pm

info@changehealthcare.ca

www.changehealthcare.ca

Youth Habilitation Quinte

Picton Satellite office:

103-141 Main St,

Picton, ON K0K 2T0

Intake assessment; individual and group counselling; eating disorder treatment; managing anger program, assertiveness training, healthy relationship workshops, Wellness Recovery Action Plan (WRAP) and in-school programs and counsellors.

TAY program supports youth holistically, transitioning and connecting them to appropriate services and enhancing their skills towards independence.

Ages 16 to 24 years.

613-476-6456

For TAY - ask for Transitional Connector

Text: 613-827-2845

www.youthab.ca



HOUSING

Housing

Belleville

Canadian Mental Health Assoc. HPE Branch (CMHA)

41 Octavia Street
Belleville ON
K8P 3N9

Transitional housing for up to 3 months for homeless/at risk of homelessness for adults, couples, youth and families with children. Ages 16 yrs and up.

613-969-8874

www.hastings-cmha.org

Hastings County – Housing Program Branch

15 Victoria Ave., 2nd Floor
Belleville ON K8N 1Z5

Provides safe, affordable housing to low income households in Hastings County.
Ages 16 years and up. Apply at any Social Housing Provider or Ontario Works office.

Belleville: 613-968-3465

www.hastingscounty.com

Hastings Housing Resource Centre (Youthab)

210A Front St Belleville
K8N 2Z2

Provides assistance locating and securing immediate, temporary and permanent housing. Also provide assistance and free listing to landlords in need of tenants
For individuals of all ages who are seeking independent housing in Hastings County.

Belleville: 613-969-1748

www.hastingshousing.com

Addictions and Mental Health Services HPE

Housing Program
3 Applewood Dr., 2nd Floor
Belleville ON K8P 4E3

Satellite Offices: Bancroft, Madoc, Trenton, Picton

Offers a comprehensive housing program including supported congregate settings, supportive housing and homelessness program, housing resources and short-term residential crisis services (in partnership with the Crisis Intervention Centre).

Ages 16 years and over with mental health illness or concern.

613-967-4734

www.amhs-hpe.ca

Salvation Army

295 Pinnacle St.

Belleville ON K8N 3B3

Provides a number of programs throughout Hastings and Prince Edward including lunch programs, clothing, and emergency services. Warm Room is open daily, including holidays and weekends, from November 15 -March 15. Some programs require application, proof of ID, or income information. No fees.

Belleville: 613-968-6834

Youth Habilitation Quinte

Co-operative Housing Program

210A Front St.

Belleville ON K8N 2Z2

Supportive housing (co-op homes) providing assistance in preparing for independent living; working closely with a Supportive Housing Counsellor. Life skills and group work.

Ages 16 to 24 years. Homes located in Belleville, Trenton, Madoc, Bancroft and Picton

613-969-0830

*Ask for Supportive Housing Counsellor for intake appt.

Transition Home

45 Victoria Ave.

Belleville ON K8N 1Z8

Provides safe, affordable housing, staffed 24/7 by supportive counsellors; life skills programs and group work available.

Ages 16 to 24 years.

613-969-9765

www.youthab.ca

Quinte West

Hastings County – Housing Program Branch

91 Creswell Drive

Trenton ON K8V 3G5

Provides safe, affordable housing to low income households in Hastings County.
Ages 16 years and up. Apply at any Social Housing Provider or Ontario Works office.

Trenton: 613-392-1387

www.hastingscounty.com

Hastings Housing Resource Centre (Youthab)

81 Dundas St. W Trenton

K8V 3P4

Provides assistance locating and securing immediate, temporary and permanent housing. Also provide assistance and free listing to landlords in need of tenants.
For individuals of all ages who are seeking independent housing in Hastings County.

Trenton: 613-392-8317

www.hastingshousing.com

Salvation Army

34 Front St.

Trenton ON

K8V 4N2

Provides a number of programs throughout Hastings and Prince Edward including lunch programs, clothing, and emergency services. Warm Room is open daily, including holidays and weekends, from November 15 -March 15. Some programs require application, proof of ID, or income information. No fees.

Trenton: 613-392-9905

Youth Habilitation Quinte

Co-operative Housing Program

210A Front St.

Belleville ON K8N 2Z2

Supportive housing (co-op homes) providing assistance in preparing for independent living; working closely with a Supportive Housing Counsellor. Life skills and group work.
Ages 16 to 24 years. Homes located in Belleville, Trenton, Madoc, Bancroft and Picton.

613-969-0830 *Ask for Supportive Housing Counsellor for intake appt.

Transition Home

45 Victoria Ave.

Belleville ON K8N 1Z8

613-969-9765

www.youthab.ca

Prince Edward County

Prince Edward - Lennox & Addington Social Services

206 Main St, The Armoury
Picton ON K0K 2T0

Rental housing for people with low to moderate incomes, or people with special needs who can live with support in the community. For individuals of all ages.

For Social Housing - Picton, call: 1-866-716-7991

<https://www.lennox-addington.on.ca/social-services>

Salvation Army

46 Elizabeth St.
Picton, ON

Provides a number of programs throughout Hastings and Prince Edward including lunch programs, clothing, and emergency services. Warm Room is open daily, including holidays and weekends, from November 15 -March 15. Some programs require application, proof of ID, or income information. No fees.

613-476-5404

Youth Habilitation Quinte

Co-operative Housing Program
210A Front St.
Belleville ON K8N 2Z2

Supportive housing (co-op homes) providing assistance in preparing for independent living; working closely with a Supportive Housing Counsellor. Life skills and group work.
Ages 16 to 24 years. Homes located in Belleville, Trenton, Madoc, Bancroft and Picton

613-969-0830

*Ask for Supportive Housing Counsellor for intake appt.

Transition Home

45 Victoria Ave.

Belleville ON K8N 1Z8

Provides safe, affordable housing, staffed 24/7 by supportive counsellors; life skills programs and group work available.

Ages 16 to 24 years.

613-969-9765

www.youthab.ca



EMPLOYMENT

Employment

Service Canada

By Mail:

Canada Enquiry Centre

Ottawa ON K1A 0J9

One-stop service delivery for a wide range of federal programs and services.

1-800-622-6232

<https://www1.canada.ca/en/esdc/service-canada.html>

Belleville

Career Edge Employment Services - Youth Habilitation Quinte

210A Front St.

Belleville ON K8N 2Z2

Provides employment counselling, resume preparation, information on careers and local labour market, training opportunities, Summer Jobs for Youth Program, and more.

Call or drop in for general info. No fees. Self-service info and resources.

613-969-0830

www.careeredge.on.ca

Community Employment Services - Loyalist College

54 Dundas Street East

Belleville ON K8N 1B8

Assists with finding suitable employment, job search strategies, career info, referral to other community services and supports. Self-service information and resources.

Belleville: 613-966-0205

<https://www.loyalistcollege.com/employment/community-employment-services/>

META Employment Services

161 Bridge St. West

Belleville ON K8P 1K2

Provides job search assistance, employment counselling, job resources, and training incentives.

Call or drop in for general info. No fees. Self-service information and resources.

613-966-9069

www.metaemploymentservices.com

Ontario Works

228 Church St., Belleville ON

Provides employment supports, including training and skills development, academic upgrading, work placements and social assistance to persons in financial need. Learning, Earning and Parenting (LEAP) to parents 16-21 years. Ages 16 years and up. Youth 18 years and over in financial need, and employable youth 16-17 years in financial need who cannot live at home but are attending school.

Belleville: 613-966-8032

<http://www.hastingscounty.com/>

Return to Work Program - CMHA

41 Octavia Street

Belleville ON K8P 3N9

Offers support for people who have a mental illness or a mental health problem to prepare for, access, and keep competitive employment. Ages 19 years and up.

Phone for an appointment.

613-969-8874

www.hastings-cmha.org

Quinte West

Career Edge Employment Services - Youth Habilitation Quinte

81 Dundas St. W.

Trenton ON K8V 3P4

Provides employment counselling, resume preparation, information on careers and local labour market, training opportunities, Summer Jobs for Youth Program, and more.

Call or drop in for general info. No fees. Self-service info and resources.

Trenton: 613-392-9157

www.careeredge.on.ca

Ontario Works

91 Creswell Dr., Trenton, ON

Provides employment supports, including training and skills development, academic upgrading, work placements and social assistance to persons in financial need. Learning, Earning and Parenting (LEAP) to parents 16-21 years. Ages 16 years and up. Youth 18 years and over in financial need, and employable youth 16-17 years in financial need who cannot live at home but are attending school.

Trenton: 613-392-1387

<http://www.hastingscounty.com/>

North Hastings

Community Employment Services - Loyalist College

195 Hastings St. N., PO Box 10

Bancroft ON K0L 1C0

Assists with finding suitable employment, job search strategies, career info, referral to other community services and supports.

Self-service info and resources. Call or drop in for general information.

Bancroft: 613-332-1743 Ext. 1

Ontario Works

27578 Hwy. 62, Bancroft, ON

Provides employment supports, including training and skills development, academic upgrading, work placements and social assistance to persons in financial need. Learning, Earning and Parenting (LEAP) to parents 16-21 years. Ages 16 years and up. Youth 18 years and over in financial need, and employable youth 16-17 years in financial need who cannot live at home but are attending school.

Bancroft: 613-332-3410

<http://www.hastingscounty.com/>

Centre Hastings

Ontario Works

56 Russell St.N., Madoc, ON

Provides employment supports, including training and skills development, academic upgrading, work placements and social assistance to persons in financial need. Learning, Earning and Parenting (LEAP) to parents 16-21 years. Ages 16 years and up. Youth 18 years and over in financial need, and employable youth 16-17 years in financial need who cannot live at home but are attending school.

Madoc: 613-473-5258

<http://www.hastingscounty.com/>

Prince Edward County

Career Edge Employment Services - Youth Habilitation Quinte

141 Main St.

Picton ON K0K 2T0

Provides employment counselling, resume preparation, information on careers and local labour market, training opportunities, Summer Jobs for Youth Program, and more.

Call or drop in for general info. No fees. Self-service info and resources.

Picton: 613-476-6456

www.careeredge.on.ca

[Facebook](#), [Twitter](#), [Pinterest](#)

Ontario Works

206 Main St., Picton

Provides employment supports, including training and skills development, academic upgrading, work placements and social assistance to persons in financial need. Learning, Earning and Parenting (LEAP) to parents 16-21 years. Ages 16 years and up. Youth 18 years and over in financial need, and employable youth 16-17 years in financial need who cannot live at home but are attending school.

Picton: 613-476-2842

<http://www.hastingscounty.com/>



EDUCATION

Education

Belleville

Community Learning Alternatives (formerly Quinte Adult Day School)

32 Bridge St. East

Belleville ON K8N 1L6

Adult school; basic literacy, computer and employability skills; workforce preparation; upgrading in reading, writing, and math. Ages 18 years and up. No fees.

Belleville: 613-962-9615

<http://cla-buildingskills.ca/>

Hastings and Prince Edward District School Board

156 Ann Street

Belleville ON K8N 1N9

Public school board with elementary and secondary schools throughout Hastings and Prince Edward. In-school counsellors in secondary schools.

613-966-1170

1-800-267-4350

www.hpedsb.on.ca

Hastings and Prince Edward District School Board - Quinte Adult Education

Quinte Secondary

45 College St West, Belleville

Courses for a high school diploma are also available online, via Co-op learning, correspondence and apprenticeship. Courses for college/university pre-requisites and upgrading skills.

Ages 18 years and up.

\$30 per course

Belleville: 613-962-3133

e: adult.education@hpedsb.on.ca

<http://www.hpedsb.on.ca/students/distance-education/quinte-adult-education/>

Loyola Adult Day School

41 Octavia St.

Belleville ON K7M 3E5

Community adult school offering an alternative education setting; secondary school credit courses, school-to-work transition programs, co-op, computer upgrading.

Ages 18 years and up, or 16+ with an adult. Call for an appointment. Admission fees.

613-966-9201

www.learningatloyola.ca

Loyalist College

376 Wallbridge Loyalist Rd.
Belleville ON
K8N 4Z2

A globally alert community college offering a full range of programs, services and activities, with a substantial list of university transfer agreements.

613-969-1913

1-888-569-2547

www.loyalistcollege.com

Loyalist College - College Prep. Program

376 Wallbridge Loyalist Rd.
Belleville ON
K8N 4Z2

Literacy and Basic Skills program - continuous intake literacy and adult upgrading program (gr.5-12) Ages 18 yrs and up. Apply at Pioneer Building. No fees; covered by Employment Ontario.

613-969-1913

www.loyalistcollege.com

Quinte West

Community Learning Alternatives

46 Dundas St. West

Trenton ON K8V 3P2

Provides upgrading through experiential learning programs, small group classes, supported independent learning and individual tutoring. Ages 18 years and up. No fees.

Trenton: 613-394-3740

<http://cla-buildingskills.ca/>

Hastings and Prince Edward District School Board - Quinte Adult Education

CLA, 46 Dundas St West

Trenton

Courses for a high school diploma are also available online, via Co-op learning, correspondence and apprenticeship. Courses for college/university pre-requisites and upgrading skills.

Ages 18 years and up.

\$30 per course

email: adult.education@hpedsb.on.ca

hpedsb.on.ca

Madoc: 613-476-4097

Trenton: 613-394-3740

<http://www.hpedsb.on.ca/students/distance-education/quinte-adult-education/>

Loyola Adult Day School

91 Creswell Dr., Ste. 300

Trenton ON K8V 3G5

Community adult school offering an alternative education setting; secondary school credit courses, school-to-work transition programs, co-op, computer upgrading.

Ages 18 years and up, or 16+ with an adult. Call for an appointment. Admission fees.

613-965-5840

www.learningatloyola.ca

Centre Hastings

Hastings and Prince Edward District School Board - Quinte Adult Education

CHAP, 56 Russell St

Madoc ON

Courses for a high school diploma are also available online, via Co-op learning, correspondence and apprenticeship. Courses for college/university pre-requisites and upgrading skills.

Ages 18 years and up.

\$30 per course

e: adult.education@hpedsb.on.ca

Madoc: 613-476-4097

www.hpedsb.on.ca/ec/adulteducation/

North Hastings

Hastings and Prince Edward District School Board - Quinte Adult Education

Quinte Secondary

The Loft, 17 Snow Rd, Bancroft

Courses for a high school diploma are also available online, via Co-op learning, correspondence and apprenticeship. Courses for college/university pre-requisites and upgrading skills.

Ages 18 years and up.

\$30 per course

Bancroft : 613-332-9930

www.hpedsb.on.ca/ec/adulteducation/

Prince Edward County

Loyola Adult Day School

206 6B Main St.

Picton ON K0K 2T0

Community adult school offering an alternative education setting; secondary school credit courses, school-to-work transition programs, co-op, computer upgrading.

Ages 18 years and up, or 16+ with an adult. Call for an appointment. Admission fees.

Picton: 613-476-9685

www.learningatloyola.ca

Prince Edward Alternative School

Prince Edward Collegiate Institute

41 Barker St.

Picton ON K0K 2T0

Non-traditional classroom setting where students work on available courses independently.

16 years of age, willing to work independently and with the approval of the Principal.

613-476-2196

Ext. 2232

<http://www.hpedsb.on.ca/alternate-learning/>

Prince Edward Learning Centre (GED)

1B - 206 Main St.,

Lower Level of The Armoury

Box 3223, Picton ON K0K 2T0

Flexible educational and skills development programs; job search program; computer classes; one-to-one tutoring; referral services.

Persons living in Prince Edward County

613-476-1811

1-800-573-7022

www.pelc.ca



HEALTH

Health

Belleville

Belleville & Quinte West Community Health Centre

161 Bridge Street West

Belleville ON K8P 1K2

Primary health care, dental care; social workers offer individual, couple and family counselling services for persons coping with mental health issues. In Touch with Youth program for 13 to 24 years old.

Same Day Counselling:

Offers immediate, one-to-one counselling in Trenton office for issues such as anxiety, depression, relationship issues, trauma, abuse, gender, sexual orientation, grief, loss and stress. First and third Thursdays of the month from 3:30 - 6:30 p.m.

Services are designed to support patients of the centre however, other community persons may seek counselling services.

Belleville: 613-962-0000

Drop in or call for appt availability. Last appt available is at 5:30 p.m.

www.bqwchc.com

Belleville Nurse Practitioner-Led Clinic

231 Front Street

Belleville ON K8N 2Z4

Provides team approach with access to integrated health care from nurse practitioners, registered nurses, pharmacist, dietitian and social worker.

Serves all ages. No fees. Must have a valid Health Card.

Call 613-779-7304 or

Email: info@bnplc.ca

www.bnplc.ca

Belleville Queen's Family Medicine Centre

145 Station Street

Belleville ON K8N 2S9

240 Pinnacle Street

Belleville ON K8N

201-211 Dundas Street East

Belleville ON K8N 1E2

Centre provides diagnosis and care of patients through a collaborative team of health professionals. Social worker primarily provides counselling, some case management/connection to services as well.

All referrals must come from FHT doctors; no external referrals. All patients come through Health Care Connect.

Station St: 613-771-1910, ext 133

Pinnacle St: 613-968-9840

www.familymedicine.queensu.ca/patients/qfht - belleville_location

Quinte Health Care - Belleville General Hospital

265 Dundas St. East

Belleville ON K8N 5A9

Provides primary and secondary care, and offers a full range of clinics, diagnostic and support services, and outreach programs.

613-969-7400

www.qhc.on.ca

Dual Diagnosis Consultation Outreach Team - Providence Care

600 Dundas St. East, Unit 4

Belleville ON K8N 5P9

Team provides assessment, consultation, recommendations, and time-limited treatment for individuals who have a dual diagnosis. Ages 16 years and over.

Contact: 310-OPEN or (310-6736)

613-771-0133

www.providencecare.ca

Quinte West

Belleville & Quinte West Community Health Centre

70 Murphy Street
Trenton, ON K8V 0A8

Primary health care, dental care; social workers offer individual, couple and family counselling services for persons coping with mental health issues. In Touch with Youth program for 13 to 24 year olds.

Same Day Counselling:

Offers immediate, one-to-one counselling in Trenton office for issues such as anxiety, depression, relationship issues, trauma, abuse, gender, sexual orientation, grief, loss and stress. First and third Thursdays of the month from 3:30 pm - 6:30 p.m. Services are designed to support patients of the centre however, other community persons may seek counselling services.

Trenton: 613-965-0698

Drop in or call for appt availability. Last appt available is at 5:30 p.m.

www.bqwchc.com

Brighton-Quinte West Family Health Team - Quinte West Medical Centre

80 Catherine St.
Trenton, ON K8V 6N8

Team approach. In addition to physicians, offer a number of different health professionals including Social Workers who provide assessment, counselling and case management. Must be a patient of BQWFHT. Service available to patients of all ages.

613-394-0770

www.bqwfht.ca

Quinte Health Care - Trenton Memorial Hospital

242 King Street
Trenton ON K8V 5S6

Provides primary and some secondary care, and a range of clinical and diagnostic services.

613-392-2540

Centre Hastings

Centre Hastings Family Health Team

52 St. Lawrence St. E., Main Floor
Madoc ON K0K 2K0

Marmora Medical Centre
1 Madoc St.

A team of family physicians, nurse practitioners, reg. nurses, social workers, dietitians, who provide primary health care. Social work services include individual and family counselling for eating disorders, addiction and mental health issues. *Walk-in Teen Clinic* for local high school students do not have to be rostered. *"Talk Solutions for Teens"* program for students.

Madoc: Open Monday - Friday
Marmora: Monday - Friday

A referral from a Family Physician or Nurse Practitioner is required.

Walk-in Teen Clinic – Madoc - Mon-Fri: 11:00 am - 11:50 am
Madoc: 613-473-4134
Marmora: 613-472-6131
www.chfht.ca

Gateway Community Health Centre

41 McClellan St.
Tweed ON K0K 3J0

Primary care; psychotherapy and social work; individual and group counselling for mental health, addiction and relationship issues.
Must live in catchment area.

613-478-1211
<https://www.gatewaychc.org/>

North Hastings

Bancroft Family Health Team

16 Billa St. (off Hwy 28) Bancroft ON K0L 1C0

A team of doctors, nurse practitioners, psychologist, dietitian, and a social worker who offers a wide range of services. Also helps with government paperwork for ODSP, etc. Community and group sessions are frequently offered by the Social Worker. Must be a registered patient. All programs are free of charge.

To make an appt: 613-332-1565

General Information: 613-332-6783

<http://www.bancroftfht.com/>

Centre Hastings Family Health Team

Gilmour Medical Clinic

Tudor & Cashel Municipal Bldg

371 Weslemkoon Lake Rd

A team of family physicians, nurse practitioners, regular nurses, social workers, dietitians, who provide primary health care. Social work services include individual and family counselling for eating disorders, addiction and mental health issues. *Walk-in Teen Clinic* for local high school students, do not have to be registered. *"Talk Solutions for Teens"* program for students.

Gilmour: Tuesdays 1-4pm

A referral from a Family Physician or Nurse Practitioner is required.

Gilmour: 613-474-0233

www.chfht.ca

North Hastings Family Health Team

1P Manor Lane

Bancroft, ON K0L 1C0

Providing primary care, health education, preventative care, promoting healthy lifestyles; referral services. Social worker provides counselling and patient advocacy, individual and group sessions. Psychiatric consultation available.

Services are open to the whole community by self-referrals or referrals from independent doctors and Family Health Team doctors.

613-332-5692

www.northhastingsfht.ca

Quinte Health Care - North Hastings Hospital

1H Manor Lane

Bancroft ON K0L 1C0

Provides outreach clinics and tele-medicine services; diagnostic and physiotherapy services.

613-332-2825

www.qhc.on.ca

Prince Edward County

Prince Edward Family Health Team

35 Bridge Street (Admin. Office)
Picton ON K0K 2T0

Clinics:

Wellington and Rossmore

Mental Health team works closely with patients to address mental health needs in a safe and supportive environment. Family & Youth Outreach Nurse provides info and support to young moms; sexual health information for youth. Adult Psychiatrist on site twice/week; Child & Adolescent Psychiatrist on site once/month.

Must be a registered patient of the Family Health Team to access services.

Picton: 613-476-0400

Wellington: 399-1281

Rossmore: 967-8000

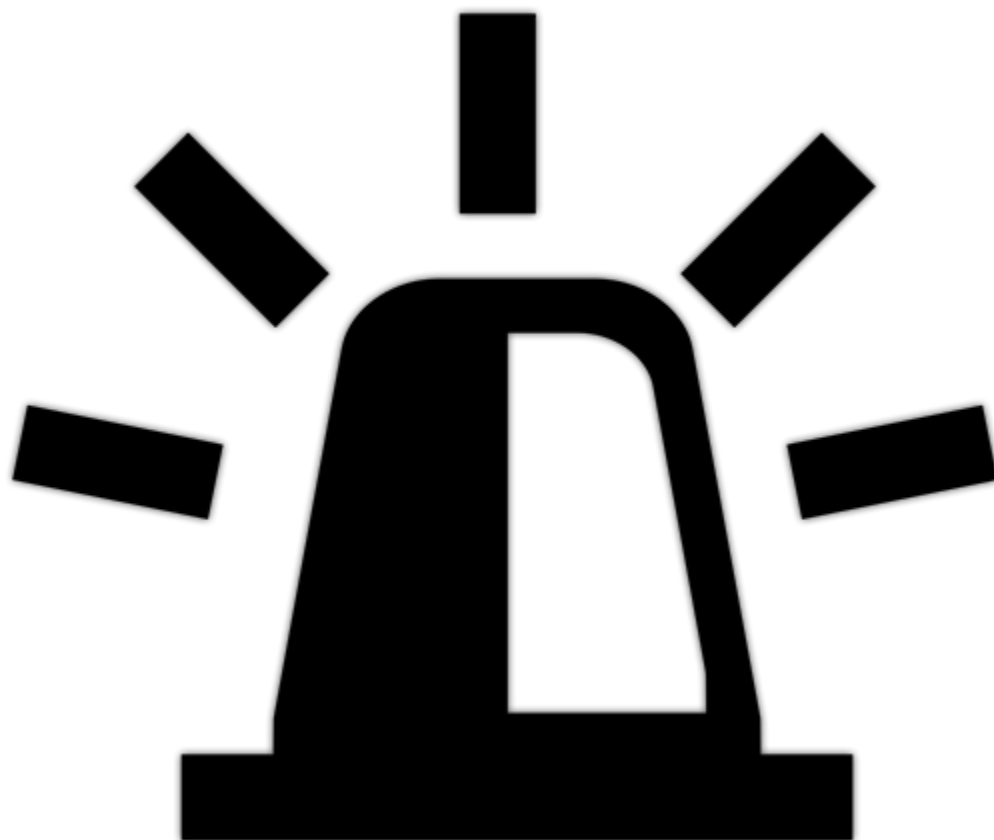
www.pefht.ca

Quinte Health Care - Prince Edward Memorial Hospital

403 Main Street East
Picton ON K0K 2T0

Provides primary care to the residents of the community.

613-476-1008



CRISIS

Crisis

Hotlines

After Hours Homeless Emergency Services

Canadian Mental Health Association will provide after-hours homeless emergency services for Hastings County.

1-877-528-9514

AIDS Hot Line

Offers 24-hour hot-line for persons with questions regarding AIDS.

1-800-668-2437

Kids Help Phone

A free 24/7 anonymous and confidential phone and on-line professional counselling service for youth.

1-800-668-6868

www.kidshelpphone.ca

Belleville

Crisis intervention Centre (QHC) - Belleville General Hospital

265 Dundas St. East
Belleville, ON K8N 5A9

A community mental health program with a team of social workers and psychiatric nurses, providing emergency intervention and short term crisis resolution, and information. Ages 16 years and up. Also provide outreach appointments in Picton, Bancroft, Madoc, and Trenton. No cost.

613-310-6736

Can be reached 24/7

1-888-757-7766

www.qhc.on.ca

Domestic Violence Sexual Assault Response Programs (QHC) - Belleville General Hospital

265 Dundas St. East
Belleville, ON K8N 5A9

The DV/SARP Team provides emergency health services. The Team includes nurses specially trained in the field of domestic violence and sexual assault.

Open to anyone experiencing sexual assault or domestic violence.

613-969-7400 or

613-332-2825 ask for Switchboard or Ext. 2095

www.qhc.on.ca

Salvation Army – Belleville

295 Pinnacle St.
Belleville, ON K8N 3B3

Provides community and family services for those that are struggling financially.
Open to everyone. Bring ID and income information.

613-968-6834

www.salvationarmy.ca

Sexual Assault Centre for Quinte and District

41 Octavia St.
Belleville ON K8P 3P1

Sexual assault victims support, counselling, resources, support groups, group therapy, retreats.
Crisis line. The Paths of Courage Healing & Retreat Centre offers sustained, intensive therapeutic counselling in a residential environment.
Available to everyone ages 16 and up. No fees.

Crisis Line: 613-967-6300

1-877-544-6424

Available 24/7

www.sacqd.com

Three Oaks

P.O. Box 22162
Belleville, ON K8N 5V7

Shelter and services for abused women and their children. Services available in Belleville, Quinte West, Hastings and Prince Edward Counties. Outreach services for women.
Available for women ages 18 years and up. No fees.

1-800-267-0533

24 hr crisis line: 613-966-3074

Centre Hastings: 613-473-1976

www.threeoaksshelterandservices.ca

Tyendinaga

Red Cedars Shelter

5631 Old Highway 2
Shannonville, ON K0K 3A0

A safe place for women and their children leaving abusive situations. Provides counselling, advocacy, referrals, traditional indigenous teaching.

Open to ages 16 years and up in Hastings County. Available 24/7.

613-967-200

Crisis: 613-967-8212

redcedars@mbq-tmt.org

1-800-672-9515

www.mbq-tmt.org/administration-and-services/community-wellbeing/red-cedars-shelter

Quinte West

Domestic Violence Sexual Assault Response Programs (QHC) - Trenton Memorial Hospital

242 King St.
Trenton, ON K8V 5S6

The DV/SARP Team provides emergency health services. The Team includes nurses specially trained in the field of domestic violence and sexual assault. Open to anyone experiencing sexual assault or domestic violence.

613-969-7400 or

613-332-2825 ask for Switchboard or Ext. 2095

www.qhc.on.ca

Salvation Army

244 Dundas St. E
Trenton, ON K8V 5Z9

Provides community and family services for those that are struggling financially. Open to everyone. Bring ID and income information.

613-392-9905

www.salvationarmy.ca

Centre Hastings

Salvation Army

224 Metcalf St

Tweed, ON K0K 3J0

Provides community and family services for those that are struggling financially.

Open to everyone. Bring ID and income information

613-478-3375

www.salvationarmy.ca

North Hastings

Domestic Violence Sexual Assault Response Programs (QHC) - North Hastings District Hospital

1-H Manor Ln.

Bancroft, ON K0L 1C0

The DV/SARP Team provides emergency health services. The Team includes nurses specially trained in the field of domestic violence and sexual assault.

Open to anyone experiencing sexual assault or domestic violence.

613-969-7400 or

613-332-2825 ask for Switchboard or Ext. 2095

www.qhc.on.ca

Maggie's Resource Centre of North Hastings

63 Cleak Ave.

Bancroft ON K0L 1C0

Offers crisis intervention, transitional housing support, counselling, advocacy, and referral services for North Hastings.

Open to anyone ages 16 years and up. No fees.

613-332-3010

www.maggiesresource.com

Prince Edward County

Alternatives for Women

187 Main St. W

Picton, ON K0K 2T0

Offers 24-hour crisis assistance; confidential counselling; second stage housing; emergency transportation, referrals, advocacy and support for Prince Edward County.

For women ages 16 years and up.

613-476-2787

1-877-499-6636

Can be reached 24/7

www.alternativesforwomen.org

Domestic Violence Sexual Assault Response Programs (QHC) - Prince Edward Cty Memorial Hospital

403 Picton Main St.

Prince Edward, ON

The DVSARP Team provides emergency health services. The Team includes nurses specially trained in the field of domestic violence and sexual assault

Open to anyone experiencing sexual assault or domestic violence.

613-969-7400 or

613-332-2825 ask for Switchboard or Ext. 2095

www.qhc.on.ca

Salvation Army

46 Elizabeth St.

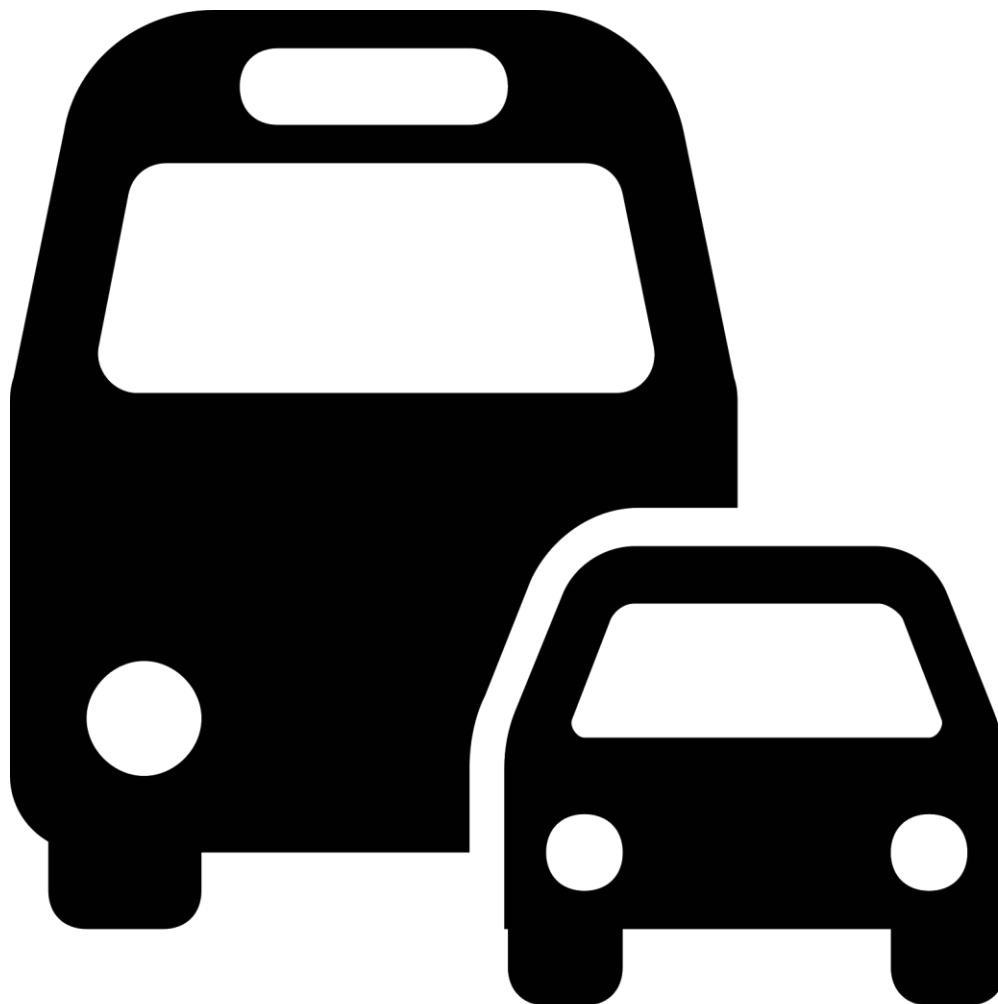
Picton, ON

Provides community and family services for those that are struggling financially.

Open to everyone. Bring ID and income information

613-476-3159

www.salvationarmy.ca



TRANSPORTATION

Transportation

Belleville

Belleville Transit

165 Pinnacle St.

Belleville, ON

Operates 7 days/week, Mon-Sun. with 15 accessible coaches. Does not operate on statutory holidays. Monthly passes available. Fares and schedules available online, at main office or City Hall.

613-967-4938

www.belleville.ca/residents/page/transit

Tyendinaga

Deseronto Transit

48 Brant St.
ON K0K 1X0

Deseronto,

Provides regional, low cost transport between Napanee, Deseronto, Tyendingaga Territory, Picton and Belleville.

To arrange for accessible service, please call 24 hrs in advance.

613-396-4008

www.deseronto.ca/residents/transit

Quinte West

Quinte Access Transportation, Quinte West Chamber of Commerce

97 Front St.
ON K8V 4N6

Trenton,

Transportation services for persons with disabilities and seniors. Door-to-door service. Serve Brighton to Belleville, and Prince Edward County. Available to persons with disabilities or seniors over 55 years. Fares based on pickup and drop-off points.

613-392-9640

1-855-283-9640

Book 24 hours in advance

www.quinteaccess.org

Centre Hastings

Central Hastings Support Network Inc. - Central Hastings Public Transit Service

GB 307
108 Russell St.
Madoc, ON K0K 2K0

Public transit; vehicles travel specific routes through the Central Hastings communities to Belleville twice daily. Fee for service. Rates available on website.

613-473-5255
www.chsninc.ca/transit

North Hastings

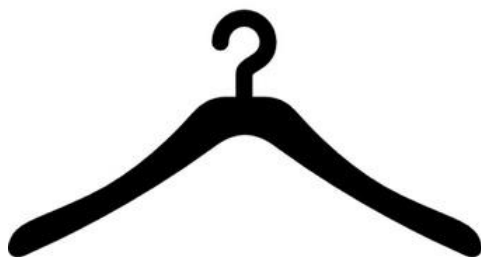
Bancroft Community Transit

33 Station St., Unit B
ON K0L 1C0

Bancroft,

BCT is a non-profit organization providing a door-to-door transportation service by volunteer drivers for persons of limited means. Will not transport anyone to the liquor or beer store, or the hotels. Age 55 years and under. Some cash fares, based on distance travelled. No cost for youth who qualify and whose program meets the criteria.

613-332-2732
1-866-787-4907
www.bancroftcommunitytransit.com



FOOD & CLOTHING

Food and Clothing

General

Hastings County Social Services

Check their website for listing of Food Banks, Meal and Clothing programs throughout the County.

<http://www.hastingscounty.com/>

Belleville

Belleville City Mission

111 Cedar Street, Elks Lodge
Belleville, ON

Free dinner Tuesday and Friday 6:00 pm – 7:00 pm

Free lunch Sunday 12:00 pm - 1:00 pm

Open to anyone in need

613-961-1763

Belleville Pregnancy & Family Care Centre

200 Dundas St East, Ste. 204
Belleville, ON K8N 1E3

Free baby clothing Mon – Friday 11:30 am to 4:30 pm

613-969-7866

<http://www.bellevillepregnancyandfamilycarecentre.com/>

Bridge Street United Church

60 Bridge Street East
Belleville, ON K8N 1L7

Free dinners: TGIF Friday dinners March 1 to June 30. "Inn From The Cold" Sun-Mon Jan 18 – Feb 28.

Open to anyone in need. Closed in the summer.

613-962-9178

http://www.bridgestreetchurch.com/?page_id=784

Christmas Sharing Program

199 Front St., Century Place
Belleville, ON K8N 5H5

Seasonal - call for information.

613-969-1020

<http://www.christmassharing.org/>

Eastminster United Church

432 Bridge St. E
Belleville, ON K8N 1R1

Free hot meal on Wednesday from 11:30am to 1:00pm

613-969-5212

www.eastminsterunited.ca

Family Space / Ont Early Years Centre

301 MacDonald Ave.

Belleville, ON

100 Station St.

Belleville ON K8N 2S5

Free lunch Wednesday's 9:30 pm – 12 pm, offered randomly in the year. Free dinner 5:00 pm - 7:00 pm Sept-Dec., Jan - June.

Free lunch for those in Teen Mother program. Free dinner to those in Daddy & Me Program.

613-966-9427

<https://www.familyspace.ca/>

Gleaner's Food Bank

25 Wallbridge Cres.

Belleville, ON K8P 1Z4

Providing food once per month to anyone in need.

Open to anyone.

613-962-9043

<https://www.gleanersfoodbank.ca/>

Community Development Council - Good Food Box Program

65 Station Street

Belleville, ON K8N 2S6

Food boxes at reasonable price for families, singles and babies. Depots throughout Hastings County and in Picton for Prince Edward County. Open to anyone in Hastings and Prince Edward.

613-968-2466

<http://cdcquinte.com/>

Mental Health Support Network

350 Front Street #C-2

Belleville, ON K8N 5M5

Hot Lunch for \$1. Order before 11:00 am. Monday to Saturday 10:00 am – 3:00 pm.

613-969-1772

<http://www.mhsn.ca/>

Salvation Army

295 Pinnacle St.

Belleville, ON K8N 3B3

Food baskets; clothing. Meals for persons in need. Emergency Food Bank is available Mon, Wed and Fri from 1:00-3:00 p.m. The Lunch Room is open Mon, Tues, Thurs and Fri from 11:30 am - 12:45 pm year-round. Coats for Folks - free coat distribution each Friday in November.

I.D. And proof of income is required.

613-968-6834

<https://www.hastingshousing.com/salvationarmych.htm>

St. Matthew's United Church - Part of Gleaners Program

25 Holloway St.

Belleville, ON K8P 1N8

Free lunch one Saturday per month, 11:00 am - 12:30 pm, Sept – May.

Food Bank - Tuesday 1:00 pm – 2:00 pm

Anyone in need. While supplies last.

613-967-1511

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

St. Vincent De Paul

205 Coleman St.

Belleville, ON K8P 3H8

Clothing and household items at minimal cost. Open Mon - Sat.

613-966-8005

<https://quinte.cioc.ca/record/VIQ2833>

Tyendinaga

Deseronto Helping Hands Food Bank

Lion's Hall
300 Main St.
Deseronto, ON

Provides food boxes to qualifying families and individuals in Deseronto and Tyendinaga Township. Open second, third and fourth Thursday, 10:00 am – 12:00 pm.
New clients required to bring proof of income and expenses, address, and photo I.D.

613-396-3526
email: nanvyasvilla@cogeco.ca
<https://quinte.cioc.ca/record/VIQ1223>

Tyendinaga Mohawk Food Bank

8011 Old Hwy 2
Deseronto, ON K0K 1X0

613-396-3623

Quinte West

King St. United Church

100 King St.
Trenton, ON K8V 3W3

Lunch program, 1st and 3rd Friday; runs fall and winter. 11:30 am - 12:30 pm.

613-392-5274
Call to confirm

New Beginnings Support Centre

76 Dundas St. W.
Trenton, ON

Hot lunch for \$1. Mon-Fri. 12:00 pm – 1:00 pm.

613-394-3449

Salvation Army

244 Dundas St. E.
Trenton, ON K8V 5Z9

Free lunch Mon-Thursday 11:30 am - 1:00 pm.
I.D. And proof of income is required.

613-392-9905
<https://www.hastingshousing.com/salvationarmych.htm>

St. Andrew's Presbyterian Church

16 Marmora St.

Trenton, ON K8V 2H5

Lunch program on last Friday of the month. 11:30 am - 1:00 pm.

613-392-1300

<https://standrewstrenton.ca/>

Trenton Care & Share Food Bank

38 Guelph St.

Trenton, ON K8V 4G4

Providing food for persons in need.

Ages 18 years and up, with ID and info on income.

613-394-5551

<https://trentonfoodbank.ca/>

Centre Hastings

Helping Hands Food Bank

70 Durham St. South

Madoc, ON

Open to residents of Madoc and area, Monday to Thursday.

Call for times.

613-473-9035 or

613-473-5255

<https://www.chsninc.ca/food-bank>

Salvation Army

253 Victoria St.

Tweed, ON K0K 3J0

Food Bank - emergency services, food and clothing; advice and referrals.

I.D. and proof of income is required.

613-968-6834

<https://www.hastingshousing.com/salvationarmych.htm>

Stirling & Area Christian Community Care

85 Station St.

Stirling, ON

Food program; emergency food supplies; for those in the 395 calling area and families with children attending Stirling schools. Apply in person. No fees.

613-395-2105

North Hastings

Maynooth & Area Food Bank

Holy Trinity Anglican Church
33065 Hwy. 62
Maynooth, ON

Providing food for persons in need. 2nd and 3rd Thursday of the month; 11:30 am - 12:30 pm.

Open to anyone.

613-338-2085

North Hastings Community Cupboard Food Bank

2 Madawaska Street
Bancroft, ON K0L 1C0

Tuesday and Friday 12:00 pm - 1:30 pm, Thursday 4:30 pm - 6:00 pm.

613-334-6981

St. John's Anglican Church

21 Flint St.
Bancroft, ON K0L 1C0

On Tuesdays, provide lunch for \$3. Open from 11:00 am to 1:00 pm.

613-332-3662

<http://youranglicanchurch.ca/>

Prince Edward County

Picton Food Bank

Picton United Church
6 Chapel St.
Picton, ON K0K 2T0

Serves the county of Prince Edward. No restrictions. Open Fridays 9:00 am – 12:00 pm.

Bring ID and income information. No fees.

613-476-8516

<http://pictonunitedchurch.ca/>

Salvation Army

46 Elizabeth St.
Picton, ON

Free lunch Tues., Wed., Thurs. 9:00 am to 12:00 pm.

613-476-3159

<https://www.hastingshousing.com/salvationarmych.htm>

Wellington (StoreHouse) and District Foodbank

Wellington Pentecostal Church
304 Niles St.
Wellington, ON

Providing food for persons in need.

Available to anyone ages 16 and up. Proof of income required.

613-399-1450

<http://wellingtonfoodbank.org/>



RECREATION

Recreation

Belleville

Quinte Sports & Wellness Centre City of Belleville's Rec., Culture & Community Services Dept.

265 Cannifton Road
Belleville, ON K8N 4V8

Provides a diverse array of programs, services and facilities for the community. Available to all ages. Community fees apply. Fee assistance is available.

613-966-4632

<http://quintesportsandwellnesscentre.ca/>

Youth Drop in Room, programmed and staffed by volunteer youth, provides a number of recreational activities. For youth ages 14 to 20 years. \$5 per year.

http://quintesportsandwellnesscentre.ca/?page_id=391

Free Wellness Passport gives free access to walking/running track.

Ages 13 years and over.

YMCA

433 Victoria Ave.
Belleville, ON K8N 2G1

Provides a full range of recreational programs at both Belleville and Trenton facilities.

Available for all ages. Membership fees apply. Fee assistance available.

613-962-9245

<http://ymcaofceo.ca/>

Quinte West

Quinte West Youth Centre

2 Wooler Rd
Trenton, ON K8V 4J4

Activities for teens; youth empowerment projects. Open to ages 12 to 18 years.

613-392-6946

<https://www.facebook.com/QuinteWestYouthCentre/>

RecPlex and Gymnasium

CFB Trenton
6 Northstar Dr.
Trenton, ON K8V 5P8

For members of the military community. Open to the general public. Membership fees apply.

613-392-2811 Ext. 2349

<https://www.cafconnection.ca/>

YMCA

50 Monogram Place
Trenton, ON K8V 5P8

Provides a full range of recreational programs at both Belleville and Trenton facilities. Available to all ages. Membership fees apply. Fee assistance available.

613-962-9245

<http://ymcaofceo.ca/>

Prince Edward County

Prince Edward Fitness & Aquatic Centre

13263B Loyalist Parkway
Picton, ON K0K 2T0

Non-profit sports and aquatic facility; group fitness; public swimming.

Membership fees apply. Fee assistance is available.

613-476-7776

<http://pefac.ca/website/>

Recreation Outreach Centre (ROC)

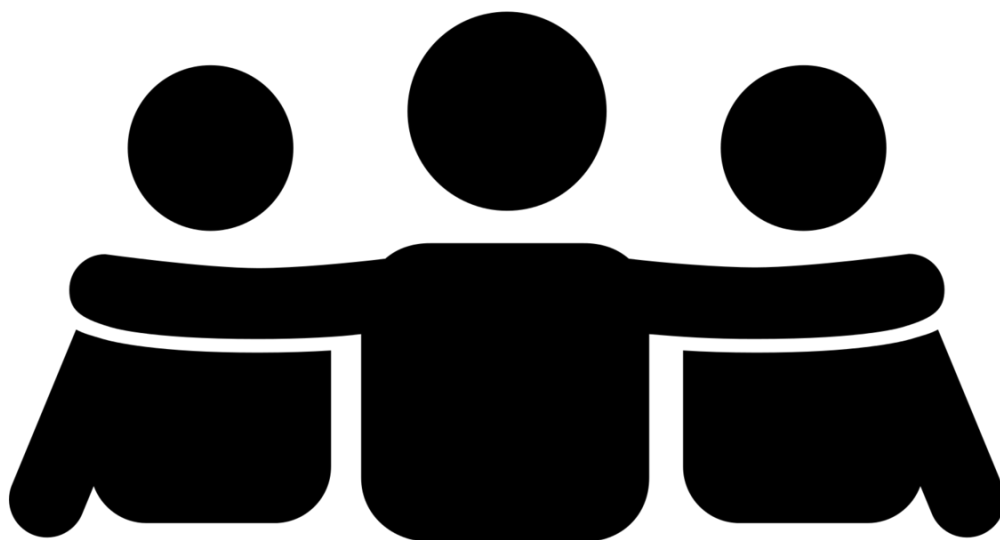
280 Main St., Suite 103
Picton ON K0K 2T0

Teen drop-in program. Addresses physical, mental and social well-being through skills-based and role-playing activities.

Ages 13 to 18 years. No charge.

613-476-7901

<https://theroc.ca/>



SOCIAL & SUPPORT

Social and Support

General

Community Advocacy & Legal Centre (CALC)

158 George St., Level 1
Belleville, ON K8N 3H2

Satellite office: Bancroft, Madoc, Trenton, Picton

Referral to appropriate services; legal advocacy/information for people living on low income or in poverty. Call Belleville office to make an appointment to meet at any location.

613-966-8686

1-877-966-8686

<http://www.communitylegalcentre.ca/>

Hastings & Prince Edward Counties Health Unit

179 North Park St.
Belleville, ON K8P 4P1

Satellite offices in Bancroft, Madoc, Trenton and Picton

A variety of community support programs including healthy life-style promotion, and info on family health; resources and referral services. Available to anyone.

Belleville: 613-966-5500

Bancroft: 613-332-4555

Madoc: 613-473-4247

Picton: 613-476-7471

Trenton: 613-394-4831

<http://hpepublichealth.ca/>

Lesbian Gay Bi Trans Youthline

Peer support services; service provided by youth for youth, offering support, information and referral.

1-800-268-9688

<http://www.youthline.ca/>

Peer Support (Formerly Mental Health Support Network)

350 Front St., Suite C-2
Belleville, ON K8N 5M5

Satellite offices: Bancroft, Madoc, Trenton and Picton

Provides a range of peer support programs in 7 communities; also employment and education opportunities, social and recreational activities; resources and computer/ internet access. Open to ages 16 years and up. No fees.

613-969-0122

Bancroft: 613-332-4056

Trenton: 613-394-3449

Picton: 613-471-1347

Madoc: 613-473-4111

<http://psseo.ca/>

S.A.Y. (Supporting Alternative Youth) Out Loud

For all youth, straight or gay, offering a safe place to connect, seek support and info about the LGBTQ community in a group setting.

613-689-5141

<http://www.sayoutloud.ca/>

Centre for Addictions and Mental Health (CAMH)

27 Place D'Armes, 2nd Floor

Kingston, ON K7K 6Z6

Regional office providing extensive knowledge and resources on mental health and addiction issues. No direct service provided.

613-546-4266

1-888-287-4439

<http://www.camh.ca/>

Sherbourne Health Centre

333 Sherbourne St.

Toronto, ON M5A 2S5

Counselling services for gay, lesbian, bi-sexual, transgender issues.

416-324-4180

<http://sherbourne.on.ca/>

Belleville

Canadian Mental Health Association - HPE Branch (CMHA)

41 Octavia St.
Belleville, ON K8P 3N9

Support programs for persons with mental illness. Available to anyone ages 16 years and up. No fees.

613-969-8874

<http://hastings-cmha.org/>

Conflict Resolution Counselling Services - Partner Assault Response Program (PAR program)

373 Front St.
Belleville, ON K8N 2Z9

16-week specialized counselling/educational programs; groups for men and women including domestic violence groups; healthy relationship groups, abuse prevention, and more.

Available to persons ages 18 and over.

613-697-5661

TDD/TTY: 613-967-9881

Toll Free: 1-877-811-5298

<http://www.crcs.info/>

Nightlight Drop-In Centre

228 Front St.
Belleville, ON

Drop in centre for adults, offering a safe place to build meaningful relationships. Christian based. Open Mondays, Tuesdays and Fridays, 6:30 pm to 9:30 p.m.

Open to adults age 18+.

613-827-4228

<http://nightlightcanada.com/>

Youth-In-Transition-Program (John Howard Society)

19 - 21 Wallbridge Cres.
Belleville, ON

Provides a range of services to support youth leaving or have left CAS care and need assistance to access services and resources in the community. Open to youth ages 16-24 previously involved or currently involved with CAS.

613-968-6628 Ext.101

Cell: 343-263-0543

Email: youthintransitionbelleville@gmail.com

<http://johnhoward.on.ca/belleville/services/youth-transition-worker-program/>

Tyendinaga

Mohawk Family Services and Mohawks of the Bay of Quinte

Community Wellbeing Building

50 Meadow Lane

Tyendinaga, ON K0K 1X0

Provides a range of supportive programs that nurture and instill the traditional values of Mohawk people. Offers referral to programs/services both on and off the Territory. Open to registered Band members.

613-967-0122

MFS has an after hour's 24-hour service/pager support.

<http://www.mbg-tmt.org/>



JUSTICE & SUPPORT

Justice and Support

General

St. Lawrence Youth Association

P.O. Box 23003
Amherstview RPO
Kingston, ON K7N 1Y2

Services for youth in conflict with the law and referred by the courts; 2 residential programs and 2 community-based programs. Open for ages 12 to 17 years. Serving South Eastern Ontario, including Hastings & Prince Edward Counties.

613-384-4869

<http://www.slya.ca/>

Belleville

Belleville & District Youth Justice Committee (COSP)

121 Dundas St. East, Suite 206
Belleville, ON K8N 1C3

Provides an opportunity for youth to address their offending behaviours while avoiding a youth record. Open for ages 12 to 17 years. No fees.

613-966-7410

<http://www.cosp.ca/>

Children's Mental Health Services - Youth Mental Health Court Worker Program

3 Applewood Drive, 3rd Floor
Belleville, ON K8P 4E3

Provides support to youth involved in the Youth Justice System who struggle with their mental health. Serving Youth Courts in Belleville, Bancroft, and Picton. Open for ages 12 to 17 years. No fees.

613-966-3100 Ext.280

<https://cmhs-hpe.on.ca/programs-services/youth-justice-services/>

Community Organized Support & Prevention Program (COSP)

121 Dundas St. East, Suite 206
Belleville, ON K8N 1C3

Offers programs and services for young people experiencing trouble with the law at school or at home. Open for ages 12 to 18 years. No fees.

613-966-7410

<http://www.cosp.ca/>

John Howard Society

19-21 Wallbridge Cres.
Belleville, ON K8P 1Z3

Offers several cognitive behavioural programs, advocacy, referral, assistance to families. Youth Centre offers free recreational programs, homework club, and more; open Monday and Wednesday - 3:30 pm to 6:30 pm. Open for ages 10 to 17 years. No fees. Some workshops have fee for service.

613-968-6628 or

613-922-9355 Youth/Parent Helpline

<http://johnhoward.on.ca/belleville/>

Mental Health Services - HPE Court Diversion Office

15 Bridge St. W
Belleville, ON

(All mail should be routed to 3 Applewood Dr., 2nd Floor, Belleville, ON K8P 4E3)

A cooperative program between the criminal justice system and the mental health system; provides direct service to individuals who have been charged with a minor offence. Ages 16 years or older; may have a mental illness and agree to participate in a diversion program; the Crown Attorney recommends the diversion option.

613-968-1111

<https://hopedreamrecover.ca/services/court-diversion-court-support/>

Quinte West

St. Leonard's Home

1970 Hamilton Rd., R.R. #5
Trenton, ON K8V 5P8

A residential program for males in conflict with the law and Youth Criminal Justice Act; offers life skills programming. Open to males ages 12 to 17 years. No fees.

613-392-7149

On-Line Resource and Support Links

Drug and Alcohol Helpline

Live 24/7 confidential, anonymous counselling.

1-800-565-8603

www.drugandalcoholhelpline.ca

eMental Health

Directory of mental health services and resources for Ottawa and Eastern Ontario.

<http://www.ementalhealth.ca/>

Hastings County Social Services

Visit their website for up-to-date information on Meals and Clothing, Transportation and Recreation, Community Services, Housing and Childcare, Employment and Training.

www.hastingscounty.com/services

Kids Help Phone website

Live 24/7 confidential counselling free of charge.

1-800-668-6868

<https://kidshelpphone.ca/>

Leave the Pack Behind

Program for young adults who want to stop smoking. Open to individuals 18-29 living in Ontario and/or registered students at a post-secondary institution.

<https://wouldrather.ca/>

Lesbian Gay Bi Trans Youthline

Confidential, free, and non-judgmental peer support; resources.

1-800-268-9688

<http://www.youthline.ca/>

Mental Health Helpline

Live 24/7 confidential, anonymous counselling.

1-866-531-2600

<http://www.connexontario.ca/>

Mind Your Mind

For youth and emerging adults to access info, resources and tools during tough times. Help yourself. Help each other.

<https://mindyourmind.ca/>

Mood Disorders Association of Ontario

Interactive peer support network for young adults 16-19 years of age who have a mood disorder.

Support Line: 1-866-363-6663

Mon-Fri 9:30 am – 5:00 pm

<http://www.mooddorders.ca/>

MyHealth Magazine (Online)

Mental health and wellness program delivered through a series of on-line resources for young people.

<http://www.myhealthmagazine.net/index.html>

Ontario Ombudsman

Independent officer of the Ontario Legislature; takes complaints about provincial government services and resolves them wherever possible.

1-800-263-1830

<https://www.ombudsman.on.ca/home>

Problem Gambling Helpline

Live 24/7 confidential – anonymous

1-888-230-3505

www.problemgamblinghelpline.ca

Provincial Advocate

Supporting youth and their families in advocating for themselves; information youth and families of their rights and entitlements.

1-800-263-2841

<https://www.provincialadvocate.on.ca/>

Psychosis Sucks

Information on psychosis geared towards youth, and for everyone.

<https://www.psychosissucks.ca/>

Early Psychosis Intervention - services in Ontario (EPION)

Website provides info on resources and where to receive treatment and support services.

<http://help4psychosis.ca/>

Rainbow Health Ontario

Province-wide program designed to improve access to services and to promote the health of Ontario's Lesbian, gay, bisexual and trans (LGBT) communities.

<https://www.rainbowhealthontario.ca/>

Send this Instead

The "Send this Instead" app empowers youth giving them a voice when they are under pressure to send intimate images of themselves online.

TEL-AIDE

A telephone helpline service; provides free, anonymous and confidential telephone services for French speaking people in need of emotional support. Open 8:00 am to midnight 365 days/year.

1-800-567-9699

Resources to Generate Ideas for Youth Engagement and Motivation

Belleville & Quinte West Community Health Centre

161 Bridge Street West
Belleville, ON

In Touch with Youth Program: Engaging youth to take an active role in programs, services and activities.

613-965-0698

<https://www.bqwchc.com/services/community-programs-and-services/in-touch-with-youth>

Futurpreneur Canada

Provides start-up resources, mentoring and financing of up to \$45,000. Open to young entrepreneurs ages 18 to 39 years.

<https://www.futurpreneur.ca/en/>

YouthBet

A youth engagement project to educate and prevent problem gambling among youth aged 13 to 24.

<http://youthbet.com/>

Youth Wellness Network

An organization dedicated to inspiring and empowering youth to live happier and more positive lives.

<http://youthwellnessnetwork.ca/>

SafeTALK – Suicide Alertness Training

To find a course locally: www.livingworks.net/training-and-trainers/find-a-training-workshop/

SafeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide truly don't want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST. Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide

- Apply the TALK steps: Tell, Ask, Listen, and Keep Safe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

ASIST Training

To find a course locally: www.livingworks.net/training-and-trainers/find-a-training-workshop/

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop – anyone 16 or older can learn and use the ASIST model. Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

2018 Youth Services List



United Way
Hastings &
Prince Edward

YOUTH2YOUTH
Hastings & Prince Edward