

2010-
2011

Cambridge and North Dumfries Youth Directory
of Community Services

Compiled by:
Information Cambridge and North Dumfries,
A service of



Social Planning Council
of Cambridge and North Dumfries

20
YEARS

Contents

Introduction	6
Crisis/ Emergency Services.....	7
Are you hurt or in danger?.....	7
Do you need a place to stay?.....	7
Are you hungry?.....	7
Do you need someone to talk to?.....	8
Are you new to Canada and need support?	8
Looking for Training or a Job?.....	9
Anishabeg Outreach Employment and Training Services	9
Canadian Red Cross.....	9
Family & Community Connections, Ayr	9
John Howard Society of Waterloo-Wellington, Cambridge Career Connections	10
John Howard Society of Waterloo-Wellington, Cambridge Office	10
L'association canadienne-française de l'Ontario, Francophone Employment Resource Centre	10
Lutherwood Adult Employment Centre.....	10
Service Canada: Cambridge Service Canada Centre	10
Waterloo Region Social Services Department, Ontario Works.....	10
Want to go to School?.....	11
Conestoga College Institute of Technology and Advanced Learning- Cambridge Campus	11
Essential Skills Upgrading (WRDSB)	11
Junior Achievement of Waterloo Region, WRDSB.....	11
(The) Literacy Group	11
Ontario Colleges.....	11
Ontario Student Assistance Program (OSAP).....	11
St. Louis Adult Learning Centre.....	12
Waterloo Catholic District School Board	12
Waterloo Region District School Board	12
Youth for Understanding Canada International Student Exchange Program.....	12
Health Care Providers	13
Cambridge Memorial Hospital	13
Cambridge Walk-In Clinic.....	13

Cambridge Walk-In Clinic.....	13
Langs Farm Community Health Centre	13
North Dumfries Community Health Centre Satellite	13
Region of Waterloo, Public Health.....	13
Sexual Health/ Pregnancy	14
AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA)	14
Cambridge Pregnancy Resource Centre	14
Family Counselling Centre of Cambridge and North Dumfries, Sexual Abuse Treatment Group	14
Planned Parenthood Waterloo Region	14
Waterloo Region Sexual Abuse/ Domestic Violence Treatment Centre	14
Waterloo Region Sexual Health Program	15
Addictions	16
174 King Street North- House of Friendship Addiction Treatment Program.....	16
Al-Anon/Alateen	16
(The) Drug and Alcohol Registry of Treatment	16
Ontario Addictions Treatment Centre	16
Simcoe House (Cambridge Shelter Corporation).....	16
St. Mary's Counselling Services.....	16
Counselling and Support Services.....	17
Big Brothers Big Sisters	17
Eating Disorder Awareness Coalition of Waterloo Region	17
Family & Community Connections, Ayr	17
Family Counselling Centre of Cambridge and North Dumfries.....	17
Kids Help Phone	17
Lutherwood Mental Health Services, Family Counselling Services	17
Mental Health Service Information Ontario	18
Self Help Alliance- Cambridge Active Self Help.....	18
Support for Youth with Disabilities.....	19
Canadian Mental Health Association.....	19
Community Living Cambridge	19
Kitchener-Waterloo Access-Ability	19
Lutherwood Mental Health Services, Partners Program	19

Front Door, Access to Child and Youth Services	19
Legal Help.....	20
John Howard Society of Waterloo-Wellington, Cambridge Office	20
John Howard Society of Waterloo-Wellington, Crime Prevention Initiatives	20
Legal Aid Ontario.....	20
Waterloo Region Community Legal Services	20
Shelters for Youth	21
Argus Residence for Young People	21
Betty Thompson Youth Centre, Safe Haven Shelter	21
(The) Bridges Shelter	21
Haven House	21
Monica-Ainslie Place, Monica-Ainslie Resource Centre	21
Reaching Our Outdoor Friends (ROOF).....	22
List of Neighbourhood Organizations	23
Alison Neighbourhood Association.....	23
Blair Road Neighbourhood Association	23
Kinbridge Community Association- Christopher Champlain.....	23
Christopher Champlain McIntosh Loft.....	23
Kinbridge Community Association- Southwood	23
East Hespeler Neighbourhood Association.....	23
Fiddlesticks Community Centre	23
Greenway Chaplin Community Centre	23
Hespeler Village Neighbourhood Association.....	24
Langs Farm Village Association	24
Popcorn House Community Resource Centre	24
Preston Heights Community Group.....	24
Silverheights Neighbourhood Association	24
Things to Do	25
Cambridge and District Humane Society	25
Cambridge Memorial Hospital, Volunteer Associations, Volunteer Resources	25
City of Cambridge Pipes and Rails.....	25
Cooperation of the City of Cambridge, Community Services	25

Dickson Bowl, Youth Bowling League	25
House of Friendship, Summer Camp Sponsorships	25
Kids Can Play	26
Royal Canadian Air Cadets	26
Royal Canadian Army Cadets	26
Volunteer Cambridge, United Way of Cambridge and North Dumfries	26
W.G. Johnson Centre	26
YMCA of Cambridge	26
Z Beside the Y, Youth Leadership Development Centre	27
Ways to Get Around.....	28
Golden Triangle Taxi	28
Grand River Transit (GRT)	28
Libraries and Computer Access.....	29
Ayr Public Library	29
Cambridge Libraries and Galleries	29
Community Access Program	29
Family & Community Connections, Ayr	29

Introduction

The Social Planning Council of Cambridge and North Dumfries has spent the past several months requesting and updating agency and organization information in order to bring you this pilot edition of *Cambridge and North Dumfries Youth Directory of Community Services*. This publication is a comprehensive listing of all services that include or are geared towards the young people of Cambridge and North Dumfries. The purpose of this directory is to provide easier access for youth to commonly needed services within Cambridge and North Dumfries.

This directory has been designed to be easy to navigate. Organizations are listed under specific categories with a detailed table of contents at the front. All organizations and agencies listed include a phone number, address, description of services provided, and website.

Criteria for being listed in this directory is that the agency or organizations are either non-profit or provide a unique and important service that cannot be accessed in this region in the non-profit sector. Agencies and organizations must also provide a direct service to the youth community.

It is the hope of the Social Planning Council of Cambridge and North Dumfries that you find this directory to be useful and informative. If you know of any organizations that meet the criteria that are not listed in this directory, feel free to give us a call at 519-623-1713 Ext. 225

Sincerely,

The Social Planning Council of Cambridge and North Dumfries

Crisis/ Emergency Services

Are you hurt or in danger?

Cambridge Memorial Hospital.....	519-621-2330
700 Coronation Blvd, Cambridge	
Telehealth Ontario	1-866-797-0000
Victim Services of Waterloo Region.....	519-585-2363
Waterloo Regional Police, Division 2, 176 Hespeler Rd, Cambridge	
Waterloo Regional Police.....	Crisis 911
200 Maple Grove Rd, Cambridge	
	519-653-7700

Do you need a place to stay?

Argus Residence for Young People.....	Men's 519-623-7991
Cambridge.....	
	Female's 519-650-0452
Betty Thompson Youth Centre, Safe Haven Shelter.....	519-749-1450 Ext. 240
41 Weber St W, Kitchener	
The Bridges Shelter.....	519-624-9305
26 Simcoe St, Cambridge	
Reaching Our Outdoor Friends (ROOF).....	519-742-2788
242 Queen St S, Kitchener	

Are you hungry?

The Bridges Shelter.....	519-624-9305
26 Simcoe St, Cambridge	
Cambridge Self-Help Food Bank.....	519-622-6550
54 Ainslie St S, Cambridge	
Cambridge Vineyard.....	Tuesdays 519-623-4639
147 Elgin St N, Cambridge.....	
	Other Days 519-740-8463
Family & Community Connections, Ayr.....	519-632-9737
80 Stanley St, Ayr	
The Salvation Army.....	519-623-1221
16 Shade St, Cambridge	
The Salvation Army Hespeler Community Church.....	519-658-9850
18 Tannery St E, Cambridge	
Waterloo Region Social Services Department.....	519-883-2290
Community Outreach Program	

Trinity Community Table.....519-621-8860
 Trinity Anglican Church, 12 Blair Rd, Cambridge

Do you need someone to talk to?

Telecare Distress Centre.....519-658-6805
 Box 32074 Preston Centre PO, Cambridge

Al-Anon/ Alateen.....1-888-425-2666

Cambridge Active Self Help Organization..... 519-623-6024
 13 Water St N, Cambridge

Canadian Mental Health Association, Grand River Branch, Centre for Mental Health
 Cambridge.....519-740-7782
 Ayr.....519-632-9737
 Distress Line.....519-745-1166

COPING Bereavement Support Groups of Ontario Inc.....519-650-0852
 1740 Blair Rd, Cambridge.....1-877-554-4498

Drug and Alcohol Registry of Treatment (DART).....1-800-565-8603

Information & Resources for Eating Disorders.....519-745-4875

John Howard Society of Waterloo-Wellington.....519-622-0815
 Cambridge Place, 3-73 Water St N, Cambridge

Kids Help Phone.....1-888-668-6808

Lesbian, Gay, Bi-Youth Line.....1-800-268-9688

Lutherwood, Mental Health Services, Lutherwood Family Counselling Services.....519-622-1670
 35 Dickson St, Cambridge

Mental Health Service Information Ontario.....1-866-531-2600

Parents & Friends of Gays & Lesbians.....519-742-0700

Parents Helpline.....1-888-603-9100

Rainbow Youth Discussion Group.....519-570-3687

Youth Line/Help-line.....519-745-9909

Are you new to Canada and need support?

YMCA Immigrant Services.....519-621-1621
 258 Hespeler Rd, Cambridge

Looking for Training or a Job?

Anishabeg Outreach Employment and Training Services

519-742-0300

151 Frederick St. Kitchener ON N2H 2M2

Website: www.anishabegoutreach.org

Email: admin@anishabegoutreach.org

Provides employment and training services to all Aboriginal people within Waterloo Region. Assists Aboriginals in their search for employment, training and education opportunities.

Canadian Red Cross

519-621-1840

17 Cambridge St Cambridge, ON N1R 3R8

Website: www.redcross.ca

Email: Cambridge@redcross.ca

Red Cross is a humanitarian organization serving the most vulnerable in the community. They offer Personal Disaster Assistance to those affected by fire or other emergency; Home Healthcare Equipment Rentals, First Aid, CPR, AED, and Babysitter courses, Respect Ed programs as well as International and Youth programming.

Career Focus

www.servicecanada.gc.ca

The Career Focus program provides funding for employers to offer post-secondary graduates opportunities to obtain career-related work experience. The objective of this program is to help youth acquire advanced employment skills and facilitate their transition to a rapidly changing labour market. This program connects youth with employers who can provide them with career-related work experience.

Family & Community Connections, Ayr

519-632-9737

80 Stanley St Ayr, ON N0B 1E0

Providing outreach services to low income families with resources such as food, clothing, shelter, recreation, transportation, childcare and counselling. They also offer summer camp, seniors program, job search program, employment counselling, local job postings, counselling for individuals and families.

Federal Public Sector Youth Internship Program: Service Canada

1-800-495-8775

Website: www.yip.gc.ca

This exciting program offers you the chance to gain real work experience within the Government of Canada and can help you develop your employability skills. These internships are offered across Canada in a wide variety of fields, such as agriculture, arts, administration, and the environment. There are opportunities available to suit your interests and career goals—even if you don't have previous work experience. The Federal Public Sector Youth Internship Program can help give you new skills that may help you find a job or become self-employed.

John Howard Society of Waterloo-Wellington, Cambridge Career Connections

519-622-0815

40 Ainslie St. S Cambridge ON N1R 3K1

Website: www.combridgecareerconnections.com

Email: ccc@waterloo.johnhoward.on.ca

Cambridge Career Connections is a Resource Centre for anyone in the Cambridge and North Dumfries area. The “one stop shop” for job seekers and employers is equipped with job banks, computer workstations, fax and photocopier services, Internet access, community resource information, as well as an array of employment, training and career development resources. This initiative is a partnership between Cambridge Career Connections, John Howard Society and Service Canada.

John Howard Society of Waterloo-Wellington, Cambridge Office

519-622-0815

40 Ainslie St S Cambridge, ON N1R 3K1

Website: www.waterloo.johnhoward.on.ca

Email: ccc@waterloo.johnhoward.on.ca

Employment programs include: Cambridge Career Connections (CCC) For Students and Youth, Job Connect, Employment and Training Programs, Summer Job Service, Housing Registry and Assisted Career Coaching Through Employment Support Services (A.C.C.E.S.S.)

L’association canadienne-française de l’Ontario, Francophone Employment Resource Centre

519-623-2822

647 Franklin Blvd, 2nd Flr Cambridge, ON N1R 7Z1

Website: www.acfo-hamilton.on.ca

Assistance in finding bilingual employment and resume preparation.

Lutherwood Adult Employment Centre

519-623-9380

35 Dickson St. Cambridge ON N1R 7A6

Website: www.lutherwood.ca

Job search and career development assistance including outplacement assistance to companies and employees impacted by downsizing or closures and a fully equipped resource centre.

Service Canada: Cambridge Service Canada Centre

519-621-7150

Employment Insurance 1-800-206-7218

350 Conestoga Blvd. Unit C2 Cambridge ON N1R 7L7

Website: www.servicecanada.gc.ca

Offers an all-Canadian job bank and can help obtain Employment Insurance.

Waterloo Region Social Services Department, Ontario Works

519-740-5700

150 Main St. Cambridge ON N1R 8H6

Website: www.region.waterloo.on.ca

The Waterloo Region Social Services Department (Cambridge Branch) provides resources on the topics of: Income Support (e.g. Ontario Works), Family Support, Employment Services and Special Services.

Want to go to School?

Conestoga College Institute of Technology and Advanced Learning- Cambridge Campus

519-623-4890

150 Main St. 4th Floor Cambridge, ON N1R 8R7

Website: www.conestogac.on.ca

Email: sgarlick@conestogac.on.ca

Offers college preparation courses as well as academic upgrading.

Essential Skills Upgrading (WRDSB)

519-740-3800

256 Hespeler Rd, Cambridge ON

Website: www.wrdsb.ca/esu

ESU is an employment-focused adult upgrading program of the Waterloo Region District School Board. ESU can help upgrade skills in math, writing, reading and computer and is free-of charge. Also helps prepare people for writing their GED.

Junior Achievement of Waterloo Region, WRDSB

519-576-6610

603 Kumph Dr. Waterloo ON N2V 1K3

Website: www.jawaterlooregion.org

Junior Achievement is a charitable organization dedicated to providing business education to young people who will become the future workforce of our country.

(The) Literacy Group

519-621-7993

89 Main St. Unit 1 Cambridge ON N1R 1W1

Website: www.theliteracygroup.com

Email: joyce@theliteracygroup.com

The Literacy Group of Waterloo Region is a volunteer, non-profit, charitable organization dedicated to helping adults 18 years and older improve their basic reading, writing and math skills. Services include: One-to-one learning, Small group programming (8-10 people), Skills upgrading in reading, writing, math, computer and workplace essential skills.

Ontario Colleges

Website: www.ontariocolleges.ca

Complete, up-to-date listings of all courses and colleges in the area. Can create a wish list, access information, or apply to college on-line for each user account. Keeps records of all applications received and accepted for each user account.

Ontario Student Assistance Program (OSAP)

Website: www.osap.gov.on.ca

Can provide eligible students attending college or university financial assistance in the form of a loan or bursary to help offset the costs of tuition, books, and other school-related expenses. On-line application available.

St. Louis Adult Learning Centre

519-745-1201

82 Beverly St. Cambridge ON N1R 3Z7

Website: www.stlouis.wcdsb.ca

Email: stlouis@wcdsb.ca

Provides adult training and continuing education classes. Daycare on site, self-referrals accepted. Allow older students to obtain their high school diplomas. Also offer special courses such as hairstylist, chef, second languages, and others.

Waterloo Catholic District School Board

519-578-3660

35 Weber St. W Unit A Kitchener ON N2H 3Z1

Website: www.wcdsb.ca

Email: info@wcdsb.ca

Adult education ; Boards of education ; Citizenship ; Elementary separate schools ; English as a second language ; French-speaking communities ; Literacy instruction ; Parent and child programs ; Parenting support ; Religious counselling ; Remedial education ; Secondary separate schools

Waterloo Region District School Board

519-570-0300

51 Ardel St. Kitchener ON N2C 2R5

Website: www.wrdsb.ca

Academic upgrading ; Adult education ; Alternative schools ; Boards of education ; Citizenship ; Distance education ; Elementary schools ; Employment ; English as a second language ; First language literacy programs ; Homophobia ; Job placements ; Literacy instruction ; Parent and child programs ; Remedial education ; Secondary schools ; Vocational counselling.

Youth for Understanding Canada International Student Exchange Program

519-653-0550

690 Fountain St. Cambridge ON N3H 0A2

Website: www.yfu.ca

Email: go@yfu.ca

A non-profit, volunteer based organization, dedicated to promoting multiculturalism and world peace through an international exchange program. Summer, semester and year programs are available with an opportunity to host an international student.

Health Care Providers

Cambridge Memorial Hospital

519-621-2330

700 Coronation Blvd, Cambridge, ON N1R 3G2

Cambridge Memorial Hospital is a 240-bed community hospital serving Cambridge and North Dumfries Township. CHM provides acute care services including Cancer Care, Intensive Care, Medicine Unit, as well as Diagnostic, Emergency, Surgical, Mental Health, Outpatient, Rehabilitation and Restorative Services.

Fully Accessible

Cambridge Walk-In Clinic

519-654-2260

101A Holiday Inn Dr. Cambridge, ON N3C 1Z3

Walk in medical clinic for non life threatening medical problems and a Family Medical Centre.

Cambridge Walk-In Clinic

519-654-2260

980 Franklin Blvd, Cambridge, ON N1R 7Z1

Walk in medical clinic for non life threatening medical problems and a Family Medical Centre.

Langs Farm Community Health Centre

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

Website: www.langs.org

Email: info@langs.org

Offers medical counselling for people in Preston within the catchment area

North Dumfries Community Health Centre Satellite

519-632-1229

53 Hilltop Dr. Ayr, ON N0B 1E0

Website: www.langs.org/nd/ndindex.php

Community health centre that provides: Primary Health Care, Programs for Children and Youth, Social Work Counselling and Nutrition Counselling

Region of Waterloo, Public Health

519-883-2000

150 Main St. Cambridge ON N1R 6P9

Website: www.region.waterloo.on.ca/ph

Provides health education, disease prevention, promotional activities, counselling, and referral services in these areas: child, youth, violence prevention, dental, environmental, infection control, food safety, cancer prevention, heart health, AIDS/STDs, sexual health information

Sexual Health/ Pregnancy

AIDS Committee of Cambridge, Kitchener, Waterloo and Area (ACCKWA)

519-570-3687

625 King St. E 2B Kitchener ON N2G 4V4

Website: www.acckwa.com

Email: director@acckwa.com

Responding to the changing needs of Waterloo Region and individuals infected, affected and at risk for HIV/AIDS through the provision of prevention, education, advocacy and peer support programs and services. Services include: One-on-one support and socials for individuals infected with HIV/AIDS, one-on-one support for individuals affected by HIV/AIDS, education workshops and speaks for at risk individuals, various outreach initiatives, MSM support and information, HIV anonymous testing clinic, Needle exchange program, free condom distribution.

Cambridge Pregnancy Resource Centre

519-620-0204

119 Water St. N Cambridge ON N1R 3B7

Website: www.cambridgepregnancyresourcecentre.ca

Email: pregnancycentre@bellnet.ca

Offers free pregnancy testing, pregnancy counseling, prenatal classes, mentor program, parenting skills programs, free clothing for children 0-2, free maternity clothing, discussion on options, post delivery support.

Family Counselling Centre of Cambridge and North Dumfries, Sexual Abuse Treatment Group

519-621-5090

18 Walnut St. Cambridge ON N1R 2E7

Website: www.fccnd.com

Email: fccnd@golden.net

Offers individual and group counselling for victims of childhood sexual abuse.

Planned Parenthood Waterloo Region

519-743-6461- Counselling

519-743-9369- Office

151 Frederick St. Suite 500 Kitchener ON N2H 2M2

Website: www.ppwr.on.ca

Email: director@ppwr.on.ca

Planned Parenthood counsellors provide objective, non-judgmental counselling and information about: All methods of birth control and safer sex, each of your THREE options when faced with an unplanned pregnancy - parenting, abortion and adoption, Fertility/Infertility, Sexually transmitted infections (STIs) and diseases, Sexuality concerns, Healthy relationships and Community resources. We also provide: Pregnancy testing - results are immediate, Appropriate referrals, and Free condoms (regular, coloured, flavoured) as well as free spermicide and lubricant when available. Our counselling team is here to listen and provide information and support. We want to help you make informed choices. Only you can make a decision that is best suited to your situation. We hope that this will lead to healthier and more responsible sexuality. All services are confidential.

Waterloo Region Sexual Abuse/ Domestic Violence Treatment Centre

519-749-6994

Can be reached at St. Mary's Hospital or Cambridge Memorial Hospital

Website: www.keepingssafe.ca

Email: keepingssafe@smgh.ca

Can provide services, information and assistance regarding sexual abuse or domestic violence. Can help with preparations to leave the relationship or to be safe in the relationship. Can be accessed right from the emergency department of either hospital.

Waterloo Region Sexual Health Program

519-740-5781

150 Main St. 1st Flr. Cambridge ON N1R 6P9

Confidential information, counselling, clinical services and education concerning sexual decision making, healthy relationships, contraception, pregnancy testing ~ community workshops, health fairs ~ collaborates with other community groups to promote healthy sexuality.

Addictions

174 King Street North- House of Friendship Addiction Treatment Program

519-885-3330

174 King St. N Kitchener ON N2J 3Z9

Website: www.houseoffriendship.org

Email: 174king@houseoffriendship.org

174 King Street North" is a 15 bed community-based residential rehabilitation and treatment facility for men whose abuse of alcohol, or alcohol in conjunction with other drugs, puts them at risk. It provides a supportive drug-free environment. The program has a group counselling focus and a self-care model that includes peer support. The program is designed for men who are committed to making a lifestyle change.

Al-Anon/Alateen

1-888-425-2666

Website: www.al-anon.alateen.org

Many who come to Al-Anon/Alateen are in despair, feeling hopeless, unable to believe that things can ever change. We want our lives to be different, but nothing we have done has brought about change. We all come to Al-Anon because we want and need help. In Al-Anon and Alateen, members share their own experience, strength, and hope with each other. You will meet others who share your feelings and frustrations, if not your exact situation. We come together to learn a better way of life, to find happiness whether the alcoholic is still drinking or not.

(The) Drug and Alcohol Registry of Treatment

1-800-565-8603

Website: <http://www.dart.on.ca/>

A confidential, anonymous information service. Services are 24 hours/day as well as a confidential web chat.

Ontario Addictions Treatment Centre

519-624-6311

150 Main St. Cambridge ON N1R 6P9

Website: www.oatc.ca

The OATC offers Methadone Maintenance Treatment Programs (MMTP) which are appropriate for individuals dependent on opiates such as heroin, methadone, Percocet, Oxycottin, opium, morphine, Dilaudid, codeine, Demerol, Fentanyl, etc.

Simcoe House (Cambridge Shelter Corporation)

519-624-9990

Toll Free 1-877-624-9305

26 Simcoe St. Cambridge ON N1R 8P2

Website: www.cambridgesheltercorp.ca

Simcoe House provides one-on-one addiction counselling, referrals to residential addiction treatment facilities and offers six weekly aftercare groups including Relapse Prevention, 12-Step Groups and Cocaine Anonymous.

St. Mary's Counselling Services

(519) 745-2585 Ext. 32

Website: www.smgh.ca

51 Water Street N, Suite #201, Cambridge, ON N1R 3B3

St. Mary's Counselling Service provides outpatient services for individuals in the Region of Waterloo who are concerned about alcohol, drugs, or gambling. Professional counsellors help individuals review their lifestyle, identify changes they might like to make, and help them develop the necessary skills to make those changes. Referrals to residential treatment programs or community programs are provided. Consultation is also available for family members or friends of individuals who have issues with alcohol, drugs, or gambling. Groups for both youth and adults are available.

Counselling and Support Services

Big Brothers Big Sisters

519-629-0180

151 Savage Dr. 5A Cambridge ON N1T 1S6

Website: www.bbbsofcambridge.org

Email: ashleya@bbbskw.org

Big Brothers Big Sisters is a volunteer-driven community leader in creating opportunities for children and youth to maximize their potential through adult and youth based mentoring services and programs that foster caring, self esteem, life skills and friendships.

Eating Disorder Awareness Coalition of Waterloo Region

519-745-4875

67 King St E Kitchener, ON N2G 2K4

Website: www.edacwr.com

Email: edac@golden.net

Providing individual support groups, charity fundraisers, and information and referral services.

Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr ON N0B 1E0

Email: loriw@fccnd.com

Providing outreach services to low income families with resources such as food, clothing, shelter, recreation, transportation, childcare and counselling.

Family Counselling Centre of Cambridge and North Dumfries

519-621-5090

18 Walnut St. Cambridge, ON N1R 2E7

Website: www.fccnd.com

Email: ex.dir@golden.net

Family Counselling Centre of Cambridge & North Dumfries is a non-profit agency helping individuals and families from all backgrounds. The counselling agency takes an active role in issues relating to family violence, poverty, families, children, and marriage counselling.

Kids Help Phone

1-800-668-6868

Website: www.kidshelpphone.ca

Anonymous, confidential, 24 hour support line for children and youth. Also can provide information and referrals. Web chat available.

Lutherwood Mental Health Services, Family Counselling Services

519-622-1670

35 Dickson St. Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

Email: lfcs@lutherwood.ca

Various types of counselling and therapy, including couple, family and individual counselling. Support groups for children and adults are also available. It provides educational programs and a nationally accredited training program for professionals seeking certification in counselling and education.

Mental Health Service Information Ontario

1-866-531-2600

Website: www.mhsio.on.ca/

Confidential, anonymous information services 24 hours a day. Anonymous web chat is available.

Self Help Alliance- Cambridge Active Self Help

519-623-6024

9 Wellington St. Unit 1 Cambridge ON N1R 3Y4

Website: www.self-help-alliance.ca

Email: general@cambridgeactiveselfhelp.ca

C.A.S.H. is a self help and peer support organization that offers a variety of mental health related information and services including: Self Help Recovery Centre, Peer Support Groups, Self Help Resource Centre, and Community Access Program (C.A.P).

Support for Youth with Disabilities

Canadian Mental Health Association

519-740-7782

Call 519-749-3700 to make an appointment

9 Wellington St, Unit 3 Cambridge, ON N1R 3Y4

Website: www.cmhawrb.on.ca

Email: admin@cmhagrb.on.ca

Community Employment Services provides you with information about employment services in your community and helps you connect to them. This service identifies your employment goals and assists with the development of a personal life plan that focuses on employment. Bridging Employment Supports is a one-year pilot project helping people between the ages of 16 and 65 with disabilities learn about, and access, employment resources to obtain paid, competitive employment.

Community Living Cambridge

519-623-7490

160 Hespeler Rd Cambridge, ON N1R 6V7

Website: www.communitylivingcambridge.ca

Email: info@communitylivingcambridge.ca

Community Living Cambridge serves Cambridge community members with a developmental disability, and provides events and activities to enrich their lives. Support is offered through a variety of programs such as residential group homes, employment support programs, pre-school services and alternative day programs designed to meet each individual's needs.

Kitchener-Waterloo Access-Ability

519-885-6640

105 University Ave E Waterloo, ON N2J 2W1

Website: www.kwa.on.ca

Email: kwaa@kwa.on.ca

KW Access-Ability is a non-profit information and resource centre. They are committed to providing an environment that supports self-determination for physically challenged people, based upon the principles of choice, equality, co-operation and mutual respect. Services include: Small Business Support, Employment Support, Mentor Program, Networking, Hockey Program, and Internet Access.

Lutherwood Mental Health Services, Partners Program

519-623-9380

35 Dickson St. Cambridge, ON N1R 7A6

Website: www.lutherwood.ca

The Partners Program, created through a joint initiative between Lutherwood and KidsLINK, is a high intensity and focused program approach designed to bring all the assistance your family needs into your environment. Partners is based on the belief that the best place to help resolve family difficulties is where the family is experiencing them - whether in the home, school or neighbourhood. Working around family schedules, one dedicated Partners Family Support Worker helps your family regain a state of balance. Through a positive strength-based approach, the Family Support Worker builds on what works for your family and enhances that by helping you make the supportive connections you need within your world.

Front Door, Access to Child and Youth Services

519-749-2932

1770 King St E Kitchener, ON

Website: www.lutherwood.ca/mentalhealth/services/front-door

Front Door provides a one-stop first contact for families and young people who are looking for assistance and services for a child experiencing a mental health concern.

Legal Help

John Howard Society of Waterloo-Wellington, Cambridge Office

519-622-0815

40 Ainslie St S Cambridge, ON N1R 3K1

Website: www.waterloo.johnhoward.on.ca

Email: ccc@waterloo.johnhoward.on.ca

The John Howard Society is a non-profit organization that offers programs to adults and youths who have been in trouble with the law, and to prevent delinquent behaviour among youth who may be at risk of offending. The John Howard Society believes that crime can be prevented and/or reduced through social and educational programs and the active involvement of an informed community.

John Howard Society of Waterloo-Wellington, Crime Prevention Initiatives

519-743-6071

310 Charles St E Kitchener, ON N2G 2P9

Website: www.waterloo.johnhoward.on.ca

Email: inquiries@waterloo.johnhoward.on.ca

Offers crime prevention workshops to schools and community groups; focuses on social problems that can lead to delinquent behaviour.

Legal Aid Ontario

1-800-668-8258

416-979-1446

Provides financial assistance with a wide range of legal issues. Accepts collect calls.

Waterloo Region Community Legal Services

519-743-0254

450 Frederick St S, Unit 101 Kitchener, ON N2H 2P5

Website: www.wrcls.ca

Email: pinkerp@lao.on.ca

Community Legal Aid Clinic providing advice and/or representation in areas such as landlord-tenant, consumer, Ontario Works, Ontario Disability, Canada Pension Plan Disability, Workers Compensation. No services in family, criminal or immigration.

Shelters for Youth

Argus Residence for Young People

Women's 519-650-0452

Men's 519- 519-623-7991

Website: www.argusresidence.com

Email: argusyw@execulink.com

Provides a female and a male shelter with a unique life skills program for youth ages 16-24.

Betty Thompson Youth Centre, Safe Haven Shelter

519-749-1450 Ext 240

41 Weber St W, Kitchener, ON N2H 3Z1

www.lutherwood.ca

Safe Haven shelter offers youth a safe alternative to the street. Serving the unique needs of troubled and vulnerable youth aged 12-15 years, the program offers immediate admission and services for youth on a 24 hour a day, 7 day a week basis.

(The) Bridges Shelter

519-624-9305

Toll free 1-877-624-9305

26 Simcoe St, Cambridge ON N1R 8P2

Website: www.cambridgesheltercorp.ca

Emergency shelter for individuals and families. Offers a wide variety of programs and services including addiction support and referrals. Drop-in Centre offers a variety of services including medical clinic, identification clinic, clean needle exchange program, literacy programs, social and recreational programming, trustee program, and various groups and meetings. Individuals should ideally be over the age of 18, but if not, the shelter will assist them in finding an alternate shelter and may accommodate them until alternate arrangements are made.

Haven House

519-653-2289

1-800-410-4482

Website: www.wcswr.org

Email: info@wcswr.org

Shelter for abused women and their children.

Monica-Ainslie Place, Monica-Ainslie Resource Centre

519-624-0481

After Hours 519-743-0291

150 Ainslie St N Cambridge, ON N1R 3P5

Website: www.saintmonicahouse.org

Email: stmonica@golden.net

Monica-Ainslie Place is a subsidized, supportive transitional housing complex for single mothers and their children. Programs for tenants and residents of Cambridge include: Individual and group counselling, recreational opportunities, peer support, parenting groups, child development assessments, toy lending library, referrals to other community services, workshops focusing on topics such as self-awareness, independent living, budgeting, personal health, conflict resolution, and relationships.

Reaching Our Outdoor Friends (ROOF)

519-742-2788

242 Queen St S Kitchener, ON N2G 1W3

Website: www.roof-agency.net

Email: info@roof-agency.net

ROOF is committed to providing for the safety, support, and overall well-being of homeless youth and youth-at-risk, age 12-25, in the Waterloo Region. ROOF aims to maintain the health/safety of street youth, by providing services that will allow them to make positive choices to end the cycle of homelessness. ROOF offers resources and linkages that will enable youth to develop the self-care skills needed to survive. ROOF also offers a 10 bed emergency shelter for youth 16-24 years of age.

List of Neighbourhood Organizations

The City of Cambridge is rapidly growing and contains many different neighbourhoods. Wherever you live in Cambridge, there is a neighbourhood organization in your area. These organizations usually provide programming for children, youth and adults as well as volunteer opportunities. They also commonly employ an outreach worker who can help those in need of help such as additional food, counselling, and many other needed services. Neighbourhood organizations are a great way to get connected with both your neighbourhood and any additional resources you may need.

Alison Neighbourhood Association

Located within St. Anne School at:

127 Elgin St. N Cambridge, ON N1R 5H6

519-620-1867

Website: <http://www.alisonneighbourhood.org/>

Email: alisonneighbourhood@on.aibn.com

Blair Road Neighbourhood Association

30 Parkhill Rd, Cambridge, ON N1S 2J4

519-624-0898

Kinbridge Community Association- Christopher Champlain

Resource Centre

125 Champlain Blvd. Unit # 8 Cambridge ON N1R 2X6

519-740-8565

Christopher Champlain McIntosh Loft

200 Christopher Drive, 2nd Floor Cambridge ON N1R 2X6

519-624-3855

Kinbridge Community Association- Southwood

241 Southwood Dr. Unit # 1 Cambridge ON N1S 3S5

519-621-2930

East Hespeler Neighbourhood Association

W.G. Johnson Centre

31 Kribs St, Cambridge, ON N3C 2L3

519-740-4681 ext 4459

Fiddlesticks Community Centre

71 Cowan Blvd, Cambridge, Ontario N1T 1K7

519-621-4040

Website: <http://www.fiddlesticks.ca/>

Email: fiddlesticks@on.aibn.com

Greenway Chaplin Community Centre

116 Rouse Ave, Cambridge, ON N1R 4M8

519-623-4220

Website: <http://www.greenwaychaplin.webs.com/>

Email: greenway@golden.net

Hespeler Village Neighbourhood Association

519-740-4681, ext 7970

Website: <http://www.hespelervillage.org/contact.html>

Email: info@hespelervillage.org

Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit #1, Cambridge, ON N3H 5K4

Website: <http://www.langs.org/locations.php>

Email: info@langs.org

Youth & Teen Community Centre

581-E Langs Dr, Cambridge, ON N3H 5K4

519- 653-1263

Popcorn House Community Resource Centre

292 Shepherd Ave, Cambridge, ON N3C 1V1

519-654-9444

Website: <http://www.popcornhouse.ca/contact-us.html>

Email: popcorn@popcornhouse.ca

Preston Heights Community Group

350 Linden Dr, Cambridge, ON N3H 5N7

519-650-2971

Website: www.prestonheights.ca

Email: phcg@golden.net

Silverheights Neighbourhood Association

Silverheights Public School

390 Scott Rd, Cambridge, ON

519-740-4681

Email: silverheightsna@hotmail.com

Things to Do

Cambridge and District Humane Society

519-623-7722

1650 Dunbar Rd Cambridge, ON N1R 8J5

Website: www.sPCA.cambridgeweb.net

Email: spca@cambridgeweb.net

The Society is supported by the generosity of the community it serves. The Cambridge and District Humane Society depends on volunteers to assist in fulfilling its mandate. It promotes the welfare of all animal life and to educate people to become responsible pet owners/guardians.

Cambridge Memorial Hospital, Volunteer Associations, Volunteer Resources

519-621-2333 ext 2368

700 Coronation Blvd

Cambridge, ON N1R 3G2

Website: www.cmh.org

Email: pcorkery@cmh.org

The CMH Volunteer Association provides assistance to Cambridge Memorial Hospital through ongoing support to our patient service and revenue-producing programs. Volunteers are always needed in a variety of areas to enhance services to our patients and visitors. A teen volunteer program is also available.

City of Cambridge Pipes and Rails

519-740-4681 ext 4205 or 4625

200 Christopher Dr Cambridge, ON

Website: www.city.cambridge.on.ca

Email: melos@cambridge.ca

This skateboard park is open year-round for ages 2-25.

Cooperation of the City of Cambridge, Community Services

519-740-4681

50 Dickson St E Cambridge, ON N1R 5W8

Website: www.cambridge.ca

Email: volunteer@cambridge.ca

The Community Services Department provides recreation facilities, programs and consultation services for Cambridge residents. These services ensure that all residents, regardless of their recreational interests, capabilities, or financial status are able to participate.

Dickson Bowl, Youth Bowling League

519-621-6100

Dickson Bowl 61 Ainslie St S Cambridge, ON N1R 3K4

Website: www.dicksonbowl.com

Email: kelly@dicksonbowl.com

Youth Bowling program includes bowling one day per week, coaching tournaments and a year-end banquet with trophies for participants

House of Friendship, Summer Camp Sponsorships

519-742-8327

51 Charles St E Kitchener, ON N2G 4R3

Website: <http://www.houseoffriendship.org/>

Sponsors approximately 100 children each summer to attend Hidden Acres Camp near New Hamburg or Camp Shalom near Ayr. The program provides a summer camp experience for children aged 8-14 who would otherwise not be able to attend due to their families' limited income.

Kids Can Play

519-651-2847

Email: kpcambridge@yahoo.com

Kids Can Play Charity is a community-based, non-profit, volunteer organization that offers financial assistance to families living at the poverty line to take part in sports, art or music lessons. An enrolment fee, up to \$500, is provided for one activity twice a year.

Families living in Cambridge or North Dumfries (Ayr, Branchton, Roseville) are welcome to apply.

Royal Canadian Air Cadets

519-621-2848

1 Valour Pl Cambridge, ON N1R 3P1

The Cadet Program is the largest federally-sponsored youth program in Canada. It is a national program for young Canadians aged 12 to 18 who are interested in participating in a variety of fun, challenging and rewarding activities while learning about the air activities of the Canadian Forces. Cadets are encouraged to become active, responsible members of their communities. They make valuable contributions to Canadian society on a daily basis in terms of environmental, citizenship and community activities. Cadets also learn valuable life and work skills such as teamwork, leadership and citizenship.

Royal Canadian Army Cadets

519-623-6406

1 Valour Pl Cambridge, ON N1R 3P1

The Cadet Program is the largest federally-sponsored youth program in Canada. It is a national program for young Canadians aged 12 to 18 who are interested in participating in a variety of fun, challenging and rewarding activities while learning about activities of the Canadian Forces. Cadets are encouraged to become active, responsible members of their communities. They make valuable contributions to Canadian society on a daily basis in terms of environmental, citizenship and community activities. Cadets also learn valuable life and work skills such as teamwork, leadership and citizenship.

Volunteer Cambridge, United Way of Cambridge and North Dumfries

519-621-1030

150 Main St, 2nd Floor Cambridge, ON N1R 6P9

Website: www.volunteercambridge.ca

Volunteer Cambridge is a service provided by the United Way of Cambridge and North Dumfries which aims to promote volunteerism and the capacity of the local voluntary sector. We do so through 4 services: Recruitment and Referral, Promoting Volunteerism and the Voluntary Sector, Recognition, and Leadership and Organizational Development.

W.G. Johnson Centre

519-740-4681 ext 4469

31 Kribs St Cambridge, ON N3C 2L3

Website: www.cambridge.ca

Aquatics, Fitness and Youth Oriented Activities. Indoor pool featuring a 1M diving board, gym, sauna, patio, gallery, G.E. conditioning centre, water slide, and hot tub.

YMCA of Cambridge

519-621-3250

250 Hespeler Rd Cambridge, ON N1R 3H3

Website: ymcacambridgekw.ca

YMCA offers variety of programs. Sponsored memberships are available to assist with fees.

Z Beside the Y, Youth Leadership Development Centre

519-623-YMCA ext 306

258 Hespeler Rd Cambridge, ON N1R 3H3

Website: www.zbesidethey.ca

Email: ymcacambridge@ckwymca.ca

Offering a safe and positive place for teens to meet and enjoy recreation, volunteering and fundraising, leadership development, art, employment services, resource area, counselling, workshops, and public health information. Facility has a music room, computer room, cafe area, pool tables, ping-pong, foosball, and video games.

Ways to Get Around

Golden Triangle Taxi

519-724-2222

Toll free- 1-800-946-8294

14 Wellington St, Cambridge ON N1R 3Y5

Website: www.goldentriangletaxi.com/index.php

Email: mail@goldentriangletaxi.com

24-hour a day taxi service serving Cambridge, Kitchener and Waterloo.

Grand River Transit (GRT)

519-585-7555

35 Ainslie St S Cambridge, ON

Website: www.grt.ca

Bus systems going between Kitchener and Cambridge. Service is \$2.50; bus passes are also available for purchase, as well as discounted packages.

Libraries and Computer Access

Ayr Public Library

519-632-7298

137 Stanley St Ayr, ON

Public Library with services such as internet stations, photocopier, etc offered

Cambridge Libraries and Galleries

Website: www.cambridgelibraries.ca

Queen's Square 519-621-0460

1 North Sq Cambridge, ON N1S 2K6

Preston Branch 519-653-3632

435 King St E Cambridge, ON N3H 3N1

Hespeler Branch 519-658-4412

5 Tannery St E Cambridge, ON N3C 2C1

Clemens Mill Branch 519-740-6294

50 Saginaw Pkwy Cambridge, ON

Public libraries and galleries; internet access.

Community Access Program

This program allows people of the community who do not have access to a computer at home or at work to do things such as create a resume, find a job, or to see what kind of government services that are available online. There are four CAP sites available to the public:

Cambridge Active Self Help

519-623-6024

9 Wellington St, Unit 1, Cambridge, ON N1R 3Y4

Christopher Champlain Community Centre

519-740-8565

8-125 Champlain Blvd. Cambridge ON N1R 2X6

Langs Farm Village Association

519-653-1470

887 Langs Dr. Unit 1 Cambridge ON N3H 5K4

The YMCA of Cambridge

519-621-3250

250 Hespeler Rd Cambridge, ON N1R 3H3

Family & Community Connections, Ayr

519-632-9739

80 Stanley St. Ayr, ON NOB 1E0

Computer Access as well as resource library