

WANT TO VOLUNTEER?

Volunteer Cambridge (519) 623-0423

ARE YOU NEW TO CANADA?

YMCA Immigrant Services (519) 621-1621

ARE YOU HUNGRY?

Cambridge Self-Help Food Bank (519) 622-6550

Cambridge Vineyard (519) 740-8463

Salvation Army (519) 623-1221

Trinity Community Table (519) 653-9743

NEED A PLACE TO STAY?

Argus Residence for Young Men (519) 623-7991

Argus Residence for Young Women (519) 623-7991

The Bridges (519) 650-0452

LOOKING FOR A JOB?

Cambridge Career Connections (519) 622-3054

Lutherwood Adult Employment Services (519) 623-9380

Human Resources Centre (519) 621-7150

NEED**TRAINING/EDUCATION?**

St. Louis Adult Learning Centre (519) 740-3800

The Literacy Group (519) 620-9658

Anishnabeg Outreach Employment & Training (519) 621-7993

(519) 742-0300

NEED A RIDE?

Golden Triangle Taxi Service (519) 740-2222

Grant River Transit (519) 585-7555

KNOW WHAT'S CLOSE TO**HOME?**

Alison Park (519) 620-1867

Blair Road & East Galt (519) 740-1087

Christopher-Champlain (519) 740-8565

Hespeler Village Neighbourhood Association (519) 740-4681

Fiddlesticks x7952

Greenway-Chaplin (519) 621-4040

Langs Farm (519) 623-4220

Popcorn House (519) 653-1470

Preston Heights (519) 654-9444

Southwood (519) 650-2971

(519) 621-2930

RECREATION AND YOUTH**ISSUES**

Ayr Community Centre (519) 632-7442

Cambridge YMCA (519) 621-3250

City of Cambridge Youth Liaison (519) 740-4681

Cambridge Youth Leadership Development Centre x4369

(519) 621-4998

x306

NEED MEDICAL CARE?

Cambridge Memorial Hospital (519) 621-2330

Langs Farm Community Health Centre (519) 653-1470

Telehealth Ontario 1-866-797-0000

Urgent Care Walk-in Clinic (519) 624-2273

NEED COUNSELLING?

Lutherwood Family Counseling Services (519) 622-1670

x200

Catholic Family Counselling Centre (519) 743-6333

Community Mental Health Clinic (519) 740-4900

(Cambridge Hospital)

Community Support Services (Ayr) (519) 632-9737

Family Counselling Centre (Cambridge & N.D.) (519) 621-5090

Hazelglen (519) 749-4213

NEED SOMEONE TO LISTEN?

Information & Resources for Eating Disorders (519) 745-4875

Kids Help Phone 1-888-668-6808

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

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

ALCOHOL/DRUG**INFORMATION**

Alateen/Al-Anon (519) 896-5678

Alcoholics Anonymous (519) 658-8222

Alcohol Drug Information Line 1-800-463-6273

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

Narcotics Anonymous

(519) 651-1121

ABUSIVE**SITUATION/SEXUAL****ASSAULT**

Haven House (24 hours) (519) 653-2422

K-W Sexual Assault Support Centre (24 hour line) (519) 741-8633

(Cambridge services)

Victims Services/Cambridge Police (519) 653-7700

Family and Children's Services (519) 623-6970

Sexual Assault Line/Treatment Centre (Cambridge Hospital) (519) 749-6994

Male Info Line – Sexual Assault (519) 570-3277

BIRTH**CONTROL/PREGNANCY****INFORMATION**

Waterloo Regional Public Health (519) 621-6110

Cambridge Resource Pregnancy Centre (519) 620-0204

Monica Ainslie Place (519) 624-0481

Planned Parenthood (LGBT, STD) (519) 743-6461

Positive Parenting YMCA

Cara's Hope (519) 621-6918

SEXUALLY TRANSMITTED**DISEASES**

Region of Waterloo Public Health – STD Clinic (519) 621-6110

AIDS Committee (519) 570-3687

AIDS Committee

NEED LEGAL SUPPORT?

John Howard Society (519) 622-0815

Legal Aid Ontario (519) 743-4308

Waterloo Region Community Legal Services (519) 743-0254

Services

NEED EMERGENCY**MONEY?**

Waterloo Region Social Services – Ontario Works (519) 883-2100

NEED MORE**INFORMATION?**

Information Cambridge (519) 740-3030

City of Cambridge Youth website www.ickzone.com