

August 2000
**INFORMATION FOR YOUTH
 in Cambridge and North Dumfries**

YOUTH INFORMATION CARD

Produced by:
 Social Planning Council of Cambridge and North Dumfries
 Information Cambridge
 Teens Together for Tomorrow
 Waterloo Region Community Health Department

NEED SOMEONE TO LISTEN? 

Youth Line/Help-Line _____ 745-9909
 Kids Help Phone _____ 1-800-668-6868
 Lesbian, Gay, Bi-Youth Line _____ 1-800-268-9688
 Telecare _____ 658-6805
 Parents & Friends of Gays and Lesbians _____ 742-0700
 Rainbow Youth (Lesbian, Gay, Bi Help Line) _____ 570-3687

ARE YOU HUNGRY? 

Cambridge Self-Help Food Bank _____ 622-6550
 Salvation Army _____ 623-1221
 Trinity Community Table _____ 621-8860

NEED A PLACE TO STAY? 

Housing Registry for Youth _____ 622-0815
 Argus Residence for Young Men _____ 623-7991
 Argus Residence for Young Women _____ 650-0452
 Community Opportunities Development Association _____ 623-9380

NEED MEDICAL CARE? 

Urgent Care Walk-in Clinic _____ 624-2273
 Cambridge Memorial Hospital _____ 621-2330
 Langs Farm Community Health Centre _____ 653-1470

ALCOHOL/DRUG INFORMATION 

St. Mary's Counselling Services _____ 745-2585
 Drug Information Line _____ 1-800-463-6273
 Drug and Alcohol Registry of Treatment (DART) _____ 1-800-565-8603
 Narcotics Anonymous _____ 651-1121
 Alcohol and Drug Recovery Association of Ontario _____ 624-8855
 Alcoholics Anonymous _____ 658-8222

SEXUALLY TRANSMITTED DISEASES/AIDS 

Waterloo Regional Community Health Dept – STD Clinic _____ 621-6110
 AIDS Committee (Cambridge, K-W, Wellington) _____ 570-3687

BIRTH CONTROL/PREGNANCY INFORMATION 

Waterloo Regional Community Health Department _____ 621-6110
 Birthright _____ 621-8370
 Monica Ainslie Place _____ 624-0481
 Planned Parenthood _____ 743-6461
 Prenatal Nutrition Program@St. Peter's Lutheran Church _____ 883-2267

NEED LEGAL ADVICE? 


Ontario Legal Aid Plan _____ 743-4306
 Waterloo Region Community Legal Services _____ 743-0254

LOOKING FOR A JOB? 

Cambridge Youth Services _____ 622-0815
 Human Resources Centre _____ 621-7150
 Cambridge Career Connections _____ 622-3504
 CODA Employment Services _____ 623-9380

NEED MORE INFORMATION? 

Information Cambridge _____ 740-3030

WANT TO VOLUNTEER? 

Cambridge Volunteer Bureau _____ 623-0423

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ARE YOU NEW TO CANADA?

YMCA Settlement and Integration Services _____ 621-1621

NEED EMERGENCY MONEY? 

Welfare office _____ (New Applicant) 883-2100 _____ (Information) 740-5700

NEIGHBOURHOOD/MULTI-SERVICE ORGANIZATIONS 

Christopher-Champlain _____ 740-8565
 Greenway-Chaplin _____ 623-4220
 Langs Farm _____ 653-1470
 Preston Heights _____ 650-2971
 Southwood _____ 621-2930
 Fiddlesticks _____ 621-4040
 Alison Park _____ 620-1867
 Blair Road _____ 740-1087
 Hespeler Village _____ 740-4681 ext. 9970
 ROOF Resource and Counselling Centre _____ (Emerg.) 654-3939 _____ 742-2788

NEED A RIDE? 

Grand River Transit _____ 585-7555
 AAA City Cab _____ 650-0200
 All Cambridge Deluxe Taxi Service _____ 621-5650

NEED COUNSELLING? 

Cambridge Interfaith Family Counselling _____ 622-1670
 Community Mental Health Clinic _____ 740-4900
 Family Services Cambridge and North Dumfries _____ 621-5090
 Hazelglen _____ 624-5716
 Centre for Mental Health _____ 740-7782

NEED TRAINING/EDUCATION? 

Alternative Education Programs _____ 570-0300
 The Literacy Group _____ 650-3783
 Leap _____ 740-5443

RECREATION & SPORTS 

Ayr Community Centre _____ 623-7442
 Cambridge Community Services/Y.A.C.C. _____ 740-4681
 Cambridge YMCA _____ 621-3250
 Cambridge YWCA _____ 650-0800
 Popcorn House _____ 654-9444

ABUSIVE SITUATION/SEXUAL ASSAULT

Women's Crisis Services (24 hours) _____ 653-2422
 K-W Sexual Assault Support Centre _____ 741-8633
 Victims Services/Cambridge Police _____ 653-7700
 Family and Children's Services _____ 623-6970
 Sexual Assault Line/Treatment Centre (Cambridge Hospital) _____ 749-6994
 Rape Crisis Line (24 hours) _____ 741-8633
 Male Info Line – Sexual Assault _____ 570-3277