

# Valuable Resources for Families offered by our DDSB Partners

## Big Brothers Big Sisters

*Big Brothers Big Sisters of Canada is a federation comprised of 102 member agencies servicing more than 1,100 communities across the country. Each Big Brothers Big Sisters agency provides direct service to children by matching volunteers and youths in quality mentoring relationships. Agency staff members are experts at screening volunteers and matching them with a mentee having similar interests.*

For more information, please visit the following websites:

BBBS of North Durham

<https://northdurham.bigbrothersbigsisters.ca/>

Tel: 905.985.3733

BBBS of Southwest Durham

<https://swdurham.bigbrothersbigsisters.ca/>

Tel: 905.831.3777

## The Boys and Girls Club of Durham

*Through life-changing programs, community-based services, and relationships with peers and caring adults, Boys and Girls Clubs help children and youth develop the skills they need to succeed.*

For more information, please visit the following website:

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

Tel: 905.728.5121

## Carea Community Health Centre

*Carea Community Health Centre (pronounced Care-ee-ah) is a registered charitable organization providing a variety of free community programs and services to people of all ages across Oshawa, Whitby, Ajax and Pickering.*

*Their services include: health promotion and wellness; primary care, counselling and mental health; diabetes education; Hepatitis C screening, treatment support, education and outreach; geriatric assessment & intervention; young parent support, early years, youth, Indigenous and community development programs.*

For more information, please visit the following website:

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

Ajax Tel: 905.428.1212

Pickering Tel: 905.420.0333

Oshawa Tel: 905.723.0036

### **Brock Community Health Centre**

*Brock Community Health Centre (Brock CHC) assists individuals, families and community organizations to identify local health issues and to develop and implement programs that address these needs. Good health means more than not being ill. It means access to affordable housing and adequate food, opportunities for education and employment with a living wage and residing in an environment that is clean and safe.*

*While working through the COVID-19 pandemic, all Brock CHC community-based programs have been suspended. Brock CHC is investigating alternate ways to deliver these programs and will be reaching out to clients with “wellness calls” to connect with those who may need assistance or information. In-person primary care services are continuing on a reduced schedule to clients for urgent triaged needs. All other appointments are being made by telephone or video conferencing if possible, or are being rescheduled to a later date. Recognizing the changing needs of the local population, Brock CHC is developing practical solutions to assist the community with accessing food and supplies, answering health care questions and connecting to other services and supports.*

For more information, please visit the following website;

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

Cannington Tel: 705.432.3388

Beaverton Tel: 705.426.4636

### **Building Youth Capacity**

*Building Youth Capacity is a virtual organization that focuses on youth entrepreneurship and employability skills development. This was created in an effort to address one of the highest rates of youth unemployment, or underemployment, in Canada. Originating in the rural area of North Durham, programming is taken to the youth, offering entrepreneurial education in the high schools in the Townships of Brock, Scugog, and Uxbridge.*

*This is a charitable organization committed to building youth capacity by assisting young people as they prepare for the disruptive economy they are entering. Services offered include entrepreneurship development programs, employability skills workshops, and leadership opportunities, all of which lead to the development of a skill-set that will support economic well-being, regardless of the direction chosen in life.*

For more information, please visit the following website;

<https://youthcapacity.ca/>

### **Frontenac Youth Services**

*Frontenac Youth Services is a non-profit Mental Health Centre which has been providing assistance to adolescents (12-18 years) struggling emotionally and behaviourally, and their families within the Durham Region since 1972. Frontenac Youth Services is accredited by the Canadian Centre for Accreditation.*

For more information, please visit the following website;

<https://frontenacyouthservices.org/>

Tel: 905.579.1551

### **Chimo Youth and Family Services**

*Chimo Youth & Family Services is an accredited Children's mental health agency that is funded by the Ministry of Health and Long-Term Care. This is a voluntary program that provides a variety of services to meet the needs of children, youth and their families in the community.*

*Chimo is a not for profit agency incorporated under provisions of the Ontario Not for Profit Corporations Act and is governed by a volunteer Board of Directors who represent the community served.*

For more information, please visit the following website;

<http://chimoyouth.ca/>

Tel: 705.324.3300

### **Community Development Council of Durham**

*Community Development Council of Durham offers a range of programs and services for individuals and families in the areas of Newcomer Services, Settlement and Housing.*

For more information, please visit the following website;

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

Tel: 905.686.2661

### **Durham Mental Health Services**

*Durham Mental Health Services (DMHS) is a charitable not-for-profit agency providing services and supports to individuals and families who are living with mental health concerns. Operating under the direction of a volunteer Board of Directors, staff work in partnership with clients, offering services that are person-centred and sensitive to individual needs.*

For more information, please visit the following website;

<https://dmhs.ca/>

Ajax (Crisis Beds) Tel: 905.428.1212

Whitby Tel: 905.666.0831

### **Kinark Child and Family Services**

*As part of the Ontario government's Moving on Mental Health Strategy, Kinark was chosen as the Lead Agency for child and youth mental health in the service areas of York, Durham and Haliburton/Kawartha Lakes/Peterborough. Kinark is committed to supporting child and youth mental health and collaborating with community partners to strengthen the sector in order to improve outcomes for children and families.*

For more information, please visit the following website;

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

Tel: 905.474.9595

## Durham Public Libraries

Public libraries across the region offer a range of valuable online resources for children, youth and families.

To learn more, please visit the following websites;

### **Pickering Public Library**

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

Tel: 905.831.6265

### **Ajax Public Library**

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

Tel: 905.683.4000

### **Whitby Public Library**

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

Tel: 905.668.6531

### **Oshawa Public Library**

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

Tel: 905.579.6111

Libraries across the region are also planning the TD Summer Reading Club program, which will launch nationwide on June 15, 2020. Visit [https://www.tdsummerreadingclub.ca/about\\_the\\_club](https://www.tdsummerreadingclub.ca/about_the_club) for more information.

## Girls INC of Durham Region

*In partnership with schools, the Girls Inc. focus is on the development of the whole girl. She learns to value herself, take risks, and discover and develop her inherent strengths. The combination of long-lasting mentoring relationships, a pro-girl environment, and research-based programming equips girls to navigate gender, economic, and social barriers, and grow up healthy, educated, and **independent**. Informed by girls and their families, Girls Inc. also advocates for legislation and policies to increase opportunities and rights for all girls.*

For more information, please visit the following website;

<https://girlsinc-durham.org/>

Tel: 905.428.8111

### **Grandview Children's Centre**

*Grandview Children's Centre is an independently operated not-for-profit organization. It is the only Children's Treatment Centre in Durham Region providing specialized programs, outpatient clinical treatment, and support to thousands of children and youth with physical, communication and developmental needs and their families.*

For more information, please visit the following website;

<https://grandviewkids.ca/>

Tel: 905.728.1673

### **John Howard Society of Durham**

*The John Howard Society of Durham Region (JHS) is a non-profit, social service agency. It is dedicated to serving men and women, individuals and families, youth and adults with programs in areas such as counselling, employment, literacy, housing, parenting, addictions, and more. Most of their services are free.*

For more information, please visit the following website;

<https://johnhoward.on.ca/durham/us/>

Ajax Tel: 905.579.8482

Whitby Tel: 905.666.8847

Oshawa Tel: 905.579.8482

### **Lakeridge Community Support Services**

*Lake Ridge Community Support Services uses evidence-based, individualized behaviour therapy services to help children, youth and adults with autism spectrum disorder and/or intellectual disabilities maximize their potential in the community.*

*Lake Ridge Community Support Services offer a range of Funded and Fee for Service Behaviour Therapy Services, including: Intensive Behaviour Intervention (IBI), Applied Behaviour Analysis (ABA), Behaviour consultation, Caregiver training, Family/Caregiver education, Social skills groups, Adult education groups and Professional education.*

For more information, please visit the following website;

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

Tel: 905.666.9688

### **The Nourish and Develop Foundation**

*The Nourish and Develop Foundation is a Charitable Foundation, located in Cannington, Ontario. In recent years, Nourish and Develop has grown, hiring staff, recruiting and training volunteers, developing new community partners and growing their food security and educational programs. Today they serve hundreds of families and individuals in need through their many programs and services.*

*Providing access to good food is just the beginning. The organization improves lives and builds stronger communities by working together with a sense of purpose. Their programs facilitate activities that improve self-reliance and include projects that strengthen the community.*

For more information, please visit the following website;

<https://tndf.ca/>

Tel: 705.432.2444

### **YMCA of Greater Toronto**

*The YMCA of Greater Toronto is a charity tackling the most critical social issues in the GTA. For more than 160 years, they have offered children, teens, young adults and families the opportunity for personal growth, community involvement and leadership. Through child care services, education and training programs, employment and immigrant services, family and youth services and health and fitness programs, the YMCA is building healthy communities across the GTA.*

*While all YMCA facilities are temporarily closed, The YMCA of Greater Toronto is utilizing Facebook to do live stream programs for EarlyOn and PlayON families across Durham Region.*

For more information, please visit the following website;

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

Additionally, families can access a wide range of fitness programs and summer camp activities by visiting the website at <https://ymcagta.org/>