
Community Resources for Children Aged 0-6

Children First

- [\(519\) 250-1850](tel:5192501850)
- Provides services for families/caregivers with children up to six years of age who are at risk for or experiencing mental health challenges or developmental concerns through services.

Connections Early Years Family Centre

- 519-252-9696
- info@connectwithus.ca
- Provide support, resources and individualized services to promote the early learning and healthy development of families and their young children through an integrative, responsive and family-centered approach

Can-Am Indian Friendship Centre

- 519-253-3243
- Driven by the desire of Aboriginal peoples within the areas of Windsor and Essex County to become a self-sufficient, self-determining, self-governing community.
- The Friendship Centre develops a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Aboriginal community.

Hiatus House

- 250 Louis Ave, Windsor, ON N9A 1W2
- Main Phone: [519-252-7781](tel:5192527781)
- **24 hour Crisis Line 519-252-7781**
- Trained staff are available 24 hours, seven days a week to provide crisis support, safety planning and referrals to women and anyone impacted by violence.

Fresh Start School-Based Program (Grades JK- Grade 8)

- Provides individual and/or group counselling in schools for elementary students (JK to Grade 8) who have witnessed or experienced domestic violence. This psycho-educational program is designed to help children begin to heal from the effects of abuse. The counselling sessions are play-based in nature including games, stories, puppets, art activities.

Crossroads Program (Ages 4+)

- Specifically designed ten-week psychoeducational group program for children and youth who have witnessed or been impacted by domestic violence. Topics include Recognizing Violence, Safety Planning, Protecting Yourself, Responsibility for Violence, Conflict Resolution, Healthy Relationships, Self-Esteem, Feelings, Stress Reductions, Family Challenges and Changes.

Hiatus House Mothers in Mind Program (0-4)

- A 10 week group programs for mothers and children who have experienced abuse and trauma. The program is designed to intervene early in the lives of preschool children and their mothers to strengthen parent-child relationships, enhance parenting skills/reduce parenting stress and improve parenting self efficacy.

SAFE KIDS Program

- Sexual assault and domestic violence centre that provides medical examination for kids within **72hours** of the abuse and community counselling referrals provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- **Direct: 519-255-2234**
- Phone: 519-254-5577 ext. 52234
- SAFE Kids program is available 24 hours a day, 7 days a week

Sexual Assault Crisis Centre

- 519-253-3100
- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse and incest). Services for children who are victimized are coordinated with the Children's Aid Society and the Windsor Essex Child/Youth Advocacy Centre.
- **24 Hour Crisis Line 519-253-9667**

Community Resources for Children Aged 6-12

Kids Help Phone

- 24 hour, seven days a week free confidential support
- **Call 1-800-668-6868 or text CONNECT to 686868 .**

Regional Children's Centre Counselling Clinic (6-18 years old)

- Monday to Thursday 8:00 to 6:30pm, Friday 8:00am to 3:00pm

- **519-257-KIDS**

Regional Children's Centre

- 519-257-KIDS (5437)
- RCC is an accredited children's mental health centre that provides services to children and adolescents who are dealing with social, emotional, developmental and/or behavioural issues and their families.

9-8-8 Suicide Crisis Helpline

- A safe space to talk, 24 hours a day, every day of the year.
- **Call 9-8-8 or Text 9-8-8**

Windsor Regional Hospital, Metropolitan Campus

- If the child or youth is at immediate risk to self or others, please proceed to the Emergency Department at Windsor Regional Hospital, Metropolitan Campus
- 1995 Lens Avenue, Windsor, ON

SAFE KIDS Program

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- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- **Direct: 519-255-2234**
- Phone: 519-254-5577 ext. 52234
- SAFE Kids program is available 24 hours a day, 7 days a week

Sexual Assault Crisis Centre

- 519-253-3100
- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse and incest). Services for children (under 12) who are victimized are coordinated with the Children's Aid Society and the Windsor Essex Child/Youth Advocacy Centre.
- **24 Hour Crisis Line 519-253-9667**

Trans Wellness Ontario

- 226-674-4745
- Free mental wellness services in a safe space to members of the 2SLGBTQIA+ community and their families.
- Services include general counselling, mentorship, groups, clothing cupboard, ID clinic and social events.

Youth Diversion

- 519-253-3340

- Programs focus on assisting youth to develop self-respect, responsibility and appropriate problem-solving skills while empowering young boys and girls to create, maintain, and improve their upon their decision-making in a positive way.

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Can-Am Indian Friendship Centre

- 519-253-3243
- Driven by the desire of Aboriginal peoples within the areas of Windsor and Essex County to become a self-sufficient, self-determining, self-governing community.
- The Friendship Centre develops a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Aboriginal community.

Dial 211, Text 211 or Visit www.211ontario.ca to find an up to date list of all services available in Windsor Essex

Community Resources for Youth Aged 12-18

Regional Children's Centre Counselling Clinic (6-18 years old)

- Monday to Thursday 8:00 to 6:30pm, Friday 8:00am to 3:00pm
- **519-257-KIDS**

9-8-8 Suicide Crisis Helpline

- A safe space to talk, 24 hours a day, every day of the year.
- **Call 9-8-8 or Text 9-8-8**

Windsor Regional Hospital, Ouellette Campus (16 years and over)

- If you are at immediate risk to self or others, please proceed to the Emergency Department at Windsor Regional Hospital, Metropolitan Campus
- 1030 Ouellette Ave, Windsor, ON

Kids Help Phone

- 24 hour, seven days a week free confidential support
- **Call 1-800-668-6868 or text CONNECT to 686868 .**

Community Crisis Centre and 24 hour line (16 years and older)

- **519-973-4435**
- Crisis response services to individuals experiencing an acute mental illness and or psychosocial crisis

Maryvale

- 519-258-0484
- Maryvale is a Children's Mental Health treatment centre in Windsor, Ontario, where adolescents experiencing very serious emotional, psychological and mental distress can receive therapy and assistance
- **Youth Call-In Line:** Single sessions available by phone for youth ages 13-18 years and their families by calling **(519)-419-1397** Monday to Friday from 9:00 a.m. to 5:00 p.m. (last call taken at 4:00 p.m.)

Sexual Assault Crisis Centre

- **24 Hour Crisis Line 519-253-9667**
- 519-253-3100
- Provides counselling to survivors of sexual victimization (sexual assault, sexual abuse and incest).

Sexual Assault and Domestic Violence Treatment Centre

- 519-255-2234
- Sexual assault and domestic violence centre that provides medical examination for survivors of sexual assault within **72hours** of the abuse and community counselling referrals provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- the Sexual Assault Treatment Centre is available 24 hours a day, 7 days a week

Windsor Youth Centre

- Assists Youth aged 16-25 with essentials like food and hygiene items as well as opportunities to develop their personal identities and growth opportunities in a safe space
- 226-674-0006
- 1247 Wyandotte Street East, Windsor

Youth Wellness Hub

- The Youth Wellness Hub Windsor-Essex offers services to youth ages 12 to 25 without a wait list or referral. This one-stop-shop model of care allows for a multitude of services all under one roof in a youth friendly space
- 215 Eugene Street
- 519-800-8640

Windsor Essex Community Health Centre Teen Health (age 12-24)

- Teen Health provides medical care, counselling, addiction support, mental health care and eating disorder care for youth aged 12-24 years old.
- 519-253-8481

BounceBack Ontario (age 15+)

- BounceBack is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, depression, anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.
- 1-866-345-0224
- www.bouncebackontario.ca

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Youth Diversion

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- 519-253-3340

New Beginnings

- Provides services including individual, family, specialized school programs, and outreach across service sectors of youth justice, mental health, employment, and education
- 519-971-0973

Windsor Residence for Young Men (age 16-24)

- Supports youth 16-24 years of age as they leave homelessness behind to build new lives. WRYM provides a range of services to support youth who identify as male on their journey from “street to home”.
- 226-221-8464

The Inn of Windsor (age 13- 21)

- Community based residential care program to serve females 13 up to age of 17 years, as well as an independent living program for males and females 16 up to age 21 years who are in need of community supports.
- 519-252-7766

Welcome Centre Shelter for Women and Families

- 519-971-7595
- Emergency shelter for women+ and families experiencing homelessness dedicated to assisting self-identified women+, families, and children facing homelessness and related challenges.

Trans Wellness Ontario

- 226-674-4745
- Free mental wellness services in a safe space to members of the 2SLGBTQIA+ community and their families.
- Services include general counselling, mentorship, groups, clothing cupboard, ID clinic and social events.

Hiatus House

- Hiatus House provides crisis support and shelter for women and children in Windsor and area who are fleeing violence and abuse
- 250 Louis Ave, Windsor, ON N9A 1W2
- Main Phone: [519-252-7781](tel:519-252-7781)
- **24 hour Crisis Line 519-252-7781**

Nisa Homes

- **Help Line 1-888-315-6472**
- Provides a place for immigrant, refugee and Muslim women aged 17 years older to live comfortably and feel safe in a supportive home environment, explore their cultural identity, and directly connect with their community

Supporting Survivors of Gender Based Violence and Sexual Assault- Legal Assistance of Windsor

- 519-256-7831
- Provides independent legal advice, representation and social work services for survivors of intimate partner violence and sexual assault.

Windsor Essex Counter-Exploitation Network (WECEN)

- 519-256-7831
- Provides direct services to survivors of domestic and international human trafficking in the areas of forced labour, sex trafficking and forced marriage

Reseau-femmes du sud-ouest de l'Ontario

- 1-888-946-3029
- A non-profit organization working with women of French expression regardless of ethnicity, cultural affirmation, social or sexual orientation in South Western Ontario. The mandate is to do prevention work regarding all forms of violence against women and their children.

Community Resources for Caregivers

Family Services Windsor-Essex

- 519-966-5010
- Confidential voluntary counselling services to communities, families, individuals and couples with a goal of supporting those who are in need in a respectful and responsive manner.

9-8-8 Suicide Crisis Helpline

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Windsor Regional Hospital, Ouellette Campus (16 years and over)

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- 1030 Ouellette Ave, Windsor, ON

Community Crisis Centre and 24 hour line (16 years and older)

- Crisis response services to individuals experiencing an acute mental illness and or psychosocial crisis

- **519-973-4435**

Maryvale

- Parent Support Call-In Service: Trained staff will provide parenting strategies with a focus on reducing conflict, developing positive relationships, and improving communication. Available to parents/caregivers of youth ages 13-17
- 519-419-1949 Tuesday to Thursday from 8:00 a.m. to 6:00 p.m. (last call taken at 5:00 p.m.)

Sexual Assault Crisis Centre

- **24 Hour Crisis Line 519-253-9667**
- 519-253-3100
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Sexual Assault and Domestic Violence Treatment Centre

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- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- **Direct: 519-255-2234**
- the Sexual Assault Treatment Centre is available 24 hours a day, 7 days a week

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Windsor Women Working with Immigrant Women

- 519-973-5588
- The mission is to assist immigrant and refugee women and their families to become full and participating members of Canadian society. Other information and referrals on social services, advocacy and community and government programs

Windsor-Essex Children's Aid Society (CAS)

- 519-252-1171
- Works in the community to provide help and support to children and their families. Responsibilities include investigating allegations of child abuse, including neglect, as well as providing protection services to children, youth and their families

Welcome Centre Shelter for Women and Families

- 519-971-7595
- Emergency shelter for women+ and families experiencing homelessness dedicated to assisting self-identified women+, families, and children facing homelessness and related challenges.

Legal Assistance of Windsor (LAW)

- 519-256-7831
- Interdisciplinary clinic combining legal and social work professions to meet the multi-faceted needs of the low-income community in Windsor and Essex County.

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Victim Services in Windsor-Essex

If you or someone you know is in danger contact 911 immediately

Victim Services of Windsor-Essex County

- 519-723-2711
- Provides victims with support, information, community referrals, safety planning and processing applications for the Victim Quick Response Program.

Victim Support and Notification Line

- 1-888-579-2888
- Provincial operated telephone support that informs on services available in your local area.
- If offenders are in provincial custody, victims can register for the Victim Notification Line which will provide them with a notification when an offenders custody status has changed.

Windsor Essex Child/Youth Advocacy Centre

- 519-995-3974
- Child-centred, safe environment for children/youth to disclose their story of abuse to a specially trained team of professionals.

Victim Witness Assistance Program

- 519-253-2897
- Provides information, assistance and support to victims and witnesses of crime to increase their understanding of, and participation in, the criminal court process. In

addition, victim/witness assistance program can help victims understand what is expected of them at each court date, and help them prepare for their court appearances as well as provide information and updates on the criminal trial process

Victim Assistance Unit, Windsor Police

- 519-255-6700 ext. 4879
- Police-based victim assistance that provides victims with up to date information, and serves as a liason between the police and the victim. Services include: emotional support, ensuring that victims understand their roles and their rights in the criminal justice system, as well as referral to community resources.

Victim Specialist, Ontario Provincial Police

- Services include but are not limited to needs assessment(s), crisis intervention, provision of information, support and/or referrals to victim services including during a victim/witness/survivors engagement with the OPP, including but not limited to the criminal justice process/inquests and inquiries.

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Windsor Police Service

- Emergency 911
- Non-Emergency Line 519-255-6111
- Victim Assistance Unit 519-255-6700 ext. 4879

Ontario Provincial Police

- Emergency 911
- Non-Emergency Line 1-888-310-1122

Lasalle Police Service

- Emergency 911
- 519-969-5210

Windsor Essex Children's Aid Society

- 519-252-1171