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## Community Resources for Children Aged 0-6

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### Children First

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

### Connections Early Years Family Centre

- 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.
- **519-252-9696**
- [\*\*info@connectwithus.ca\*\*](mailto:info@connectwithus.ca)

### Can-Am Indian Friendship Centre

- The Friendship Centre delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Indigenous community.
- **519-253-3243**

### Hiatus House

- 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, and art activities.

- **Crossroads Program (Ages 4+)**

- A specifically designed ten-week psychoeducational group program for children and youth who have witnessed or have 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 program 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.

- Main Phone: [519-252-7781](tel:519-252-7781)

- **24 hour Crisis Line 519-252-7781**

### **SAFEKids Program**

- The SAFEKids Windsor Regional Hospital program provides medical evaluations and follow-ups for sexually victimized children, as well as referrals to community supports, including referrals for counselling.
- The SAFEKids program is available 24 hours a day, 7 days a week
- Phone: 519-254-5577 ext. 52234
- **Direct: 519-255-2234**

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## **Community Resources for Children Aged 6-12**

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### **Kids Help Phone**

- 24 hours, 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**

- 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.
- **519-257-KIDS (5437)**

### **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 a 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

### **SAFEKids Program**

- The SAFEKids Windsor Regional Hospital program provides medical evaluations and follow-ups for sexually victimized children, as well as referrals to community supports, including referrals for counselling.
- The SAFEKids program is available 24 hours a day, 7 days a week
- Phone: 519-254-5577 ext. 52234
- **Direct: 519-255-2234**

### **Trans Wellness Ontario**

- 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.
- **226-674-4745**

### **Youth Diversion**

- 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 decision-making skills in a positive way.
- **519-253-3340**

### **Hiatus House**

- 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, and art activities.
  - **Crossroads Program (Ages 4+)**
    - A 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.

- Main Phone: [519-252-7781](tel:519-252-7781)

- **24 hour Crisis Line 519-252-7781**

### **Can-Am Indian Friendship Centre**

- The Friendship Centre delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Indigenous community.
- **519-253-3243**

**Dial 211, Text 211 or Visit [www.211ontario.ca](http://www.211ontario.ca) to find an up to date list of all services available in Windsor Essex**

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## **Community Resources for Youth Aged 12-18**

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### **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 16 years or older, and 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)**

- Crisis response services to for individuals 16 years and older experiencing an acute mental illness and or psychosocial crisis
- **519-973-4435**

## Maryvale

- Maryvale is a Children's Mental Health Treatment Centre in Windsor, Ontario, where adolescents experiencing 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.)
- **519-258-0484**

## Sexual Assault Crisis Centre

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

## Sexual Assault and Domestic Violence Treatment Centre

- The Sexual assault and Domestic Violence Treatment Centre provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence; Community counselling referrals are also provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- the Sexual Assault and Domestic Violence Treatment Centre is available 24 hours a day, 7 days a week
- **519-255-2234**

## 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**

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

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

## Windsor Essex Counter-Exploitation Network (WECEN)

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

## 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
- 1247 Wyandotte Street East, Windsor
- **226-674-0006**

## 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 Eugiene 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](http://www.bouncebackontario.ca)

## Can-Am Indian Friendship Centre

- The Friendship Centre delivers a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Indigenous community.
- **519-253-3243**

## Youth Diversion

- 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.
- **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. Also provides an independent living program for males and females aged 16 up to age 21 years who are in need of community supports.
- **519-252-7766**

### **Welcome Centre Shelter for Women and Families**

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

### **Trans Wellness Ontario**

- 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.
- **226-674-4745**

### **Nisa Homes**

- 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
- **Help Line 1-888-315-6472**

### **Reseau-femmes du Sud-Ouest de l’Ontario**

- 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.
- **519-256-7831**

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## **Community Resources for Caregivers**

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## Family Services Windsor-Essex

- 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.
- **519-966-5010**

## 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, Ouellette Campus
- 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

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

## Sexual Assault and Domestic Violence Treatment Centre

- The Sexual assault and Domestic Violence Treatment Centre provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence; Community counselling referrals are also provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- the Sexual Assault and Domestic Violence Treatment Centre is available 24 hours a day, 7 days a week



- **519-255-2234**

### **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](http://www.bouncebackontario.ca)

### **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**
- **24/7 Crisis Line: 519-252-7781**

### **Windsor-Essex Children's Aid Society (CAS)**

- 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.
- **519-252-1171**

### **Welcome Centre Shelter for Women and Families**

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

### **Legal Assistance of Windsor (LAW)**

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

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

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

### **Windsor Essex Counter-Exploitation Network (WECEN)**

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

### **Nisa Homes**

- 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.
- **Help Line 1-888-315-6472**

### **Trans Wellness Ontario**

- 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.
- **226-674-4745**

### **Can-Am Indian Friendship Centre**

- The Friendship Centre develops a multitude of programs and services that encompass the cultural, economic, social, and political objectives of the urban Aboriginal community.
- **519-253-3243**

### **Windsor Women Working with Immigrant Women**

- Assistance to immigrant and refugee women and their families to become full and participating members of Canadian society. Information and referrals on social services, advocacy and community and government programs is available
- **519-973-5588**

**Dial 211, Text 211 or Visit [www.211ontario.ca](http://www.211ontario.ca) to find an up to date list of all services available in Windsor Essex**

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## **Essex-County Specific Resources**

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### **The Bridge Youth Resource Centre**

- For youth aged 14-24, The Bridge offers a nightly drop-in with warm meals, groceries, clothing closet, shower and laundry facilities, transitional housing, support with mental health, addictions, employment, housing, and more.
- 310 Sherk Street, Leamington, ON, N8H 3L1

- **(226) 773- 3454**

### **Windsor-Essex Children's Aid Society (CAS)**

- CAS 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.
- 33 Princess Street, Leamington, ON, N8H 5C5
- **(510) 322-0555**

### **South-Essex Community Council (SECC)**

- The SECC offers programming for youth up to age 24 in areas like education, volunteering, academics, sports, etc.
- 215 Talbot St. E, Leamington, ON, N8H 3X5
- **(519) 326-8629**
- 313 Main St. E Unit 21, Kingsville, ON, N9Y 1A7
- **(519) 733-5784**

### **Canadian Mental Health Association (CMHA)**

- Programming and counselling to help youth aged 16 plus with their mental health needs.
- 215 Talbot St E, Leamington, ON N8H 3X5
- **(519) 326-1620**

### **ACCESS County Community Support Services**

- ACCESS offers a Youth in Transition program to support youth transitioning from the child welfare system into adulthood, assisting youth aged 16-24 with financial and non-financial support.
- The KEYS EarlyON is open for children up to the age of 6 offering activities to enhance literacy and social skills, also offering support to parents and guardians
- The After School Program is offered to youth in grades 1 to 8 at both the Kingsville and Harrow locations, providing activities and snacks with a focus on adopting a healthy lifestyle
- 18 Queen St. Harrow
- **(519) 738-4050**
- 23 Mill St W, Kingsville, ON N9Y 1W1
- **(519) 733-8983**

### **Windsor Essex Community Health Care (eCHC)**

- The Leamington branch of the weCHC offers medical health care, counselling services for youth aged 12-24, and other services.
  - 33 Princess St #450, Leamington, ON N8H 5C5
  - **(519) 997-2828**
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# Victim Services in Windsor-Essex

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

## Victim Services of Windsor-Essex County

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

## Victim Support and Notification Line

- A 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.
- **1-888-579-2888**

## Windsor Essex Child/Youth Advocacy Centre

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

## Victim Witness Assistance Program

- 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.
- **519-253-2897**

## Victim Assistance Unit, Windsor Police

- Police-based victim assistance that provides victims with up to date information, and serves as a liaison 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.
- **519-255-6700 ext. 4879**

## Victim Specialist, Ontario Provincial Police

- Police based victim assistance services that provides 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.

## 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**
- **24 hour Crisis Line: 519-252-7781**

## Sexual Assault Crisis Centre

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

## Sexual Assault and Domestic Violence Treatment Centre

- The Sexual assault and Domestic Violence Treatment Centre provides medical examination and crisis counselling for survivors of sexual assault/abuse and domestic violence; Community counselling referrals are also provided.
- Windsor Regional Hospital Metropolitan Campus, 4th Floor 1995 Lens Avenue Windsor, Ontario, N8W 1L9
- the Sexual Assault and Domestic Violence Treatment Centre is available 24 hours a day, 7 days a week
- **519-255-2234**

## Windsor Essex Counter-Exploitation Network (WECEN)

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

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# Law Enforcement and Child Protection

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

## 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